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Cheyenne & Arapaho
TRIBAL TRIBUNE

CHEYENNE & ARAPAHO TRIBES

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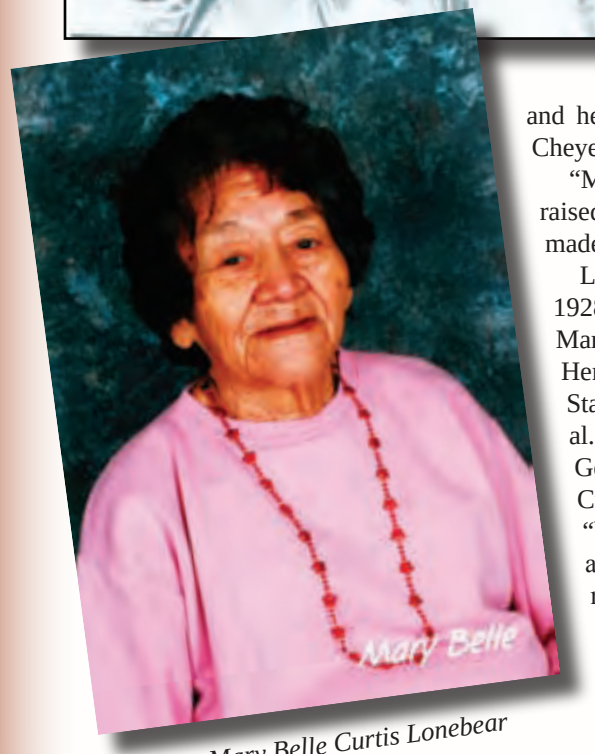
Living Legends

Choosing to be happy



Mary Belle Curtis Lonebear

By Dana Attocknie, Managing Editor

Mary Belle Curtis Lonebear has no one to talk to - in Cheyenne.

"Cheyenne, that was my first language … I'm losing it because I don't have anyone to talk to," she said. "I heard my friend say Cheyenne language is like a muscle, you have to use it every day."

Lonebear, 81, was raised by her grandparents and remembers her grandmother calling her and her play friends to eat in their Cheyenne language.

"My grandmother, Bear Woman, raised me," she said. "She always made my friends feel welcome."

Lonebear was born on Aug. 8, 1928 to Amiel Curtis and Amelia Margaret Riggs of Clinton, Okla. Her maternal grandparents are Stacey Riggs and Mary Ella Poisal. Her paternal grandparents are George Curtis and Bear Woman Curtis Black. Lonebear said "back then" some people had an "office name" and her grandmother Bear Woman's "office name" was Katie Deane, then later Katie Curtis Black with her second marriage.

Lonebear has two brothers, the late George Curtis, Jr. and the late Nathan Curtis. Her two sisters are Caroline Curtis and Roberta Curtis-Harrison. She has four children, the late William (Tiny), Laquita, Robert and Kim. She has 13 grandchildren and 16 great-grandchildren. Her Indian name is Moghi, which means a little person. "Which I'm not," she said laughingly.

Lonebear was raised in Geary and said the best thing she liked about living with her grandparents was the "freedom."

"I could do no wrong," Lonebear said. "They always bought me anything I wanted. I just had a real happy childhood - secure, loved … I didn't know we were poor. There would be eight or ten of us … all the love we had in our home. I don't know how my grandma fed all of us, but it was always good."

Lonebear said their main diet was meat and potatoes and she learned to eat things that kids don't eat now, like cottontail rabbits and squirrels.

She said one time as they sat down to dinner her grandpa said someone got into his corn. Her brother began smiling big and his black teeth sparkled with evidence from their corn roast earlier. She said they had been roasting their dad's corn outside over the fire.

"I just wish other kids had grandparents that were as patient as ours were," Lonebear said. "They gave us a feeling that we were loved, with both sets of grandparents. I just feel fortunate and blessed I had all that in my childhood."

Lonebear spent her youth growing up in the country climbing trees and going to the creek to play with the rag dolls they made. She said when her family went to town they'd look for boxes to make doll houses with, and her and her friends would play with their dolls on the bank at the creek. The dolls would sometimes end up beheaded, when her brother George would swing by and pull their heads off.

Lonebear lost her younger brother when they got the whooping cough and it took his life. That's when she moved in with her grandparents, but when she was 7 her father picked her up and enrolled her in a country school and then later in Clinton Public School where she graduated from.

"Me and my brother used to walk three miles to school," she said. "We lived just across the county line."

They would later ride the "country bus" and Lonebear continued to stay in touch with her friends Ella Moser and Lorane Flemming. Her favorite subjects were English and history.

"I just always enjoyed going to school," Lonebear said. "I can never recall having racial prejudice. I was just there enjoying myself."

Lonebear met her husband, William Lonebear, during this time. He was from Thomas, Okla. and his parents are Rufus Lonebear and Louise Old Crow. His mother's "folks" are Old Crow and Cheyenne. She said her husband lettered in track, baseball, basketball, and football and made All-State in 1948. They were married in 1952 in Clinton, Okla. and lived in Kansas for a while then moved back to Thomas. He served in the Army during the Korean conflict and was honored by having his flag flown during the 2009 Oklahoma Indian Nations powwow. He died in 1989.

"It always pleases me when different organizations use his flag to honor him," she said.

Lonebear remembers her mother-in-law fondly and recalls when she would tell her to sit down in Cheyenne and teach her things like, "you don't cut your hair just to cut it; you have to have a reason, like a death."

"She was the greatest person and my mentor," Lonebear said.

After graduating high school, Lonebear went into RN training for nine months. She worked at two different places before landing at the Clinton

See happy, page 12

Tribal council meeting results in three new resolutions

By Rosemary Stephens, Reporter/Graphic Artist

Tribal members gather to vote on new resolutions.

The annual Cheyenne and Arapaho Tribal Council meeting was held at 10 a.m. on Saturday, Oct. 3, 2009 at the community center in Concho, Okla.

According the Cheyenne and Arapaho tribes' constitution a quorum of 75 tribal members must be present in order to proceed with a meeting. After establishing the quorum, Melvin Whitebird was elected as meeting chairman and Bobbie Hamilton was elected as meeting secretary.

Before the tribal council were seven new resolutions. Out of the seven resolutions, three were passed, one failed and three were not addressed.

Resolution No. 1, authorization to construct a community building on the Clinton reserve, authored by Reggie Wassana, Cheyenne and Arapaho Housing Authority director, passed with a vote of 144 for, 55 against and 29 abstaining.

"First and foremost the reason I authored this resolution is because tribal members living in western Oklahoma do not have a facility to hold their funerals, memorial dances or activities and every time they rent the Frisco center in Clinton it costs around $500," Wassana said.

Resolution No. 2, authorization for a 99 year lease for five acres on the Concho reserve, also authored by Wassana, passed with a vote of 112 for, 103 against and 11 abstaining.

"All we can do as a tribe is to try and move forward and we need to utilize this one time government stimulus money to assist our tribal members. We have had many requests from elderly tribal members for an independent living center to be built here on the Concho reserve and we are able to build the living center and a community building with stimulus funds and not with any of the tribes' money," Wassana said. "These resolutions are not politically motivated nor are they to benefit any one person but the tribes as a whole."

Resolution No. 3, authorization for the governor to execute gaming vendor agreements, authored by tribal member John Moss failed with a vote of 75 for, 159 against and 8 abstaining.

"This resolution is needed to move the tribes' forward and expanding and improving our casinos is one way to do that … it is for the tribes' as a whole, not for the governor or any other individual but the tribes as a whole," Moss said.

Resolution No. 4, for El Reno land into trust, authored by Rupert

See resolutions, page 9

Tribes honored for preservation efforts

Submitted article

The Cheyenne and Arapaho tribes are being honored for the efforts in strengthening our heritage and the voices of our elders. In recognition of the partnership with the National Park Service, the foundation of linking our peoples' memories to the land of Colorado and Oklahoma will always remain strong.

Recognition will be given for the National Park Service and the Cheyenne and Arapaho tribes for the tribes' involvement with the establishment of the Sand Creek Massacre National Historic Site and the Washita Battlefield National Historic Site, co-designing the faciltites and collaborating on management and education advice.

Photo by Dana Attocknie

A marker describes the Prelude to Attack at Sand Creek. The marker is on the walking trail at the historical site in Colorado.

The National Preservation Conference 2009 is hosting the award presentation on Oct. 13-17, 2009 in Nashville, Texas. The award is sponsored by the National Trust for Historic Preservation.

Primary Election *preliminary* results

Governor/Lt. Governor		
Janice Boswell/Leslie Wandrie	549	29.82%
Teresa Dorsett/Chris Derenzo	442	24.01%
Darrell Flyingman/Nelson Clark	607	32.97%
Roberta Hamilton/Jane Tiger	243	13.20%
Cheyenne District Two		
Clifton Ellis	96	21.62%
Rollin E. Hamilton	147	33.11%
Cheyenne District Four		
Pete Salinas	38	26.76%
Fiona Whiteskunk	104	73.24%
Arapaho District One		
Jane Nightwalker	53	31.93%
Richard D. Williams	68	40.96%
Arapaho District Two		
Michael Kodaseet	129	31.46%
Christine Morton	81	19.76%

See results on p. 11

Gubernatorial Forum

The Cheyenne and Arapaho Tribal College is sponsoring a Gubernatorial Forum for the two finalists at 6:30 p.m. Oct. 28, 2009 in the Southwestern Oklahoma State University Fine Arts Center in Weatherford, Okla.

Revised primary, general election schedule

Oct. 15, 2009
Preliminary results of the Primary Election are posted by 9 a.m.

Oct. 16, 2009
Deadline to file a request for a recount—No later than 9 a.m. (within 24 hours of the time the preliminary results of the Primary Election are posted) / Deadline to file written challenges to the preliminary results of the Primary Election—No later than 9 a.m.

Oct. 19, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the Primary Election—No later than 9 a.m.; Primary Elections are certified, and **final results of the Primary Election are posted**

Oct. 21, 2009
Deadline to mail out Absentee Ballots for the General Election to eligible voters

Nov. 3, 2009
GENERAL ELECTION DAY—Polls open from 7 a.m. to 7 p.m.

Nov. 12, 2009
Absentee Ballots must be returned by mail to the Concho, Okla. Post Office no later than 3 p.m. / Election Commission counts the ballots after the close of voting

Nov. 13, 2009
Preliminary results of the General Election are posted by 9 a.m.

Nov. 14, 2009
Deadline to file a request for a recount—No later than 9 a.m. (Within 24 hours of the time the preliminary results of the General Election are posted) / Deadline to file written challenges to the General Election results—No later than 9 a.m.

Nov. 17, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election—No later than 9 a.m.; General Election results are certified; and final results of the General Election are posted

Jan. 2, 2010
Oath of Office administered by a Justice of the Supreme Court to all newly elected officials

AIDS virus crosses all boundaries

By Rosemary Stephens, Reporter/Graphic Artist

The HIV/AIDS virus doesn't distinguish if a person is black, white or Indian. It doesn't care if a person is rich or poor, young or old, male or female. This disease reaches all people regardless of their station in life.

"I always thought that only gay people and drug addicts got AIDS," Shana Cozad, AIDS activist, AIDS survivor, said. "I never knew it would affect me or be a part of my life."

Cozad, Kiowa, was the keynote speaker at the Cheyenne and Arapaho tribes' annual HIV/AIDS Awareness Youth Day held Sept. 30, 2009 at the community center in Concho, Okla.

"We are honored to have Shana and her son, James, here to speak to the kids because of the powerful message they have to share," Gloria Bellymule Zuniga, planning committee member, said.

Cozad doesn't believe in candy coating the fact she is infected with the AIDS virus, nor is she embittered by the virus that 17 years ago, at the age of 21, changed her life forever.

"I was in my second adult relationship with a man, whom we had talked extensively about the use of condoms and diseases before we began sexual relations," Cozad said. "When the relationship ended, in a bitter argument he blurted out to me that he had AIDS and that he had chosen me to die with him so he wouldn't die alone."

Cozad said she was in a state of denial. At the urging of her friend Cozad had the test for the HIV/Aids virus. The test came back positive. She asked for another test, still in denial, and again the test came back positive.

"I was in shock, I thought if I had a dialogue with my partner it was enough, I thought I wasn't at risk to catch aids, I was a 21-year-old mother of a 1-year-old son, it couldn't happen to me," Cozad quietly said.

Today Cozad leads a full life with the help of medication and treatment. Her experience has prompted her to share her story with as many teenagers as she can reach and to educate them about the AIDS virus. She focuses on reaching young Native American women where the AIDS virus is dominating the Native American population.

"In most of our Indian tribes, the girls have babies by men of their tribes, so if one man has the virus and sleeps with several of the girls … well you can guess the outcome, it becomes a wide spread problem destroying many lives," Cozad said.

According to the Center for Disease Control (CDC) and the National Native American AIDS Prevention Center (NNAAPC), Native Americans ranked third in the nation for the AIDS virus following African Americans second and the Hispanic population first. Out of the number of cases diagnosed in the Native American population 29 percent are women. The NNAAPC continues to work with Native American communities to bring education about prevention methods to these communities.

"I want women to be educated about the AIDS virus. I want them to know that just having a dialogue with their sexual partner doesn't protect them from catching the AIDS virus. I want them to be proactive with their own lives and insist their partners receive an AIDS test before having sexual relations," Cozad said. "If a person is infected with the AIDS virus, I hope I can be an inspiration to them to show they can go on and have a full life … I am the mother of three HIV negative children and a wife today and my son James who is 17 years old now has lived with me through all of this. He is the one the doctors told me I wouldn't live to see him turn 7 years old, and I feel he is a more compassionate and caring person because of living through the journey of me having the AIDS virus."

James Winterhawk Pedro often accompanies his mother, Cozad, to share his story of what it was like growing up with a mother infected with the AIDS virus.

"When I was little I never understood why everyone was afraid of my mom, like they were going to catch something just by being in the same room with her," Pedro said. "Growing up I have learned to be more loving and how to really care about people more than most teenagers my age."

Photo by Rosemary Stephens

Shana Cozad, AIDS survivor and her son, James Winterhawk Pedro, were the keynote speakers at the Cheyenne and Arapaho HIV/AIDS Youth Awareness Day meeting.

Pedro said the biggest message he hopes to give to other young kids is that they're not alone if they are living with a parent who has AIDS. He said there are people to help with the broken hearts and broken feelings that will never turn anyone away.

"I want to pursue a career in the medical field because I want to be a part of finding a cure for AIDS and I don't know of any other profession that allows you to help so many people in so many ways," Pedro said.

Other speakers included Sally Bouse-Pittser from the Oklahoma State Health Department and Robert Whitebird III, director of the AAIP Family Wellness Program.

The annual HIV/AIDS Awareness Youth Day is an event sponsored in a joint effort by the Association of American Indian Physicians, the Clinton Indian Health Service Unit, the Lawton Indian Health Service Unit and the Cheyenne and Arapaho tribes.

To learn more about the prevention of HIV/AIDS contact Nancy Johnson at (405) 262-7631 ext. 240.

Perspectives from outside, within academy help shape future of Native American studies programs

By Dana Attocknie, Managing Editor

With the seeds of Native American studies programs planted, leaders gather together to figure out how the programs can grow.

"It's time for a reassessment and it's time for change," Wilma Mankiller said during her keynote address at the University of Oklahoma's Native American Studies Symposium on Oct. 2, 2009 at the National Weather Center building in Norman, Okla. "It's not just time to think outside the box, but throw the box away."

Mankiller, former principal chief of the Cherokee Nation, said some Native American studies programs are more helpful than others, and some universities give the programs a high profile on campus. She is particularly fond of the program at Dartmouth University where there is a Native American dorm, the Native American studies classes are in the administration building and the college president meets with the Native American students once a month to discuss issues or just to visit.

Also presenting issues and concerns in American Indian studies were Dr. Todd Fuller, Pawnee Nation College president, Dr. Richard Allen, from the Cherokee Nation, Dr. Tom Holm, from the University of Arizona, Dr. Joe Bohanon, from Bacone College, Dr. Hugh Foley, from Rogers State University, and Dr. Lee Hester, from the University of Science and Arts of Oklahoma. The luncheon speaker was Cheyenne and Arapaho Tribal College President Dr. Henrietta Mann.

"The good that I have witnessed is that an ever increasing number of American Indian students are attending and graduating from the nation's colleges and universities. That makes me very happy," Mann said.

Bohanon said he is excited about Native American studies programs and what they can do for the children. He said everyone at Bacone College is required to take an American Indian studies course as a core requirement. He said it's important for people to know about American Indians. He said people are sitting and standing on Indian land, whether it was bought or stolen.

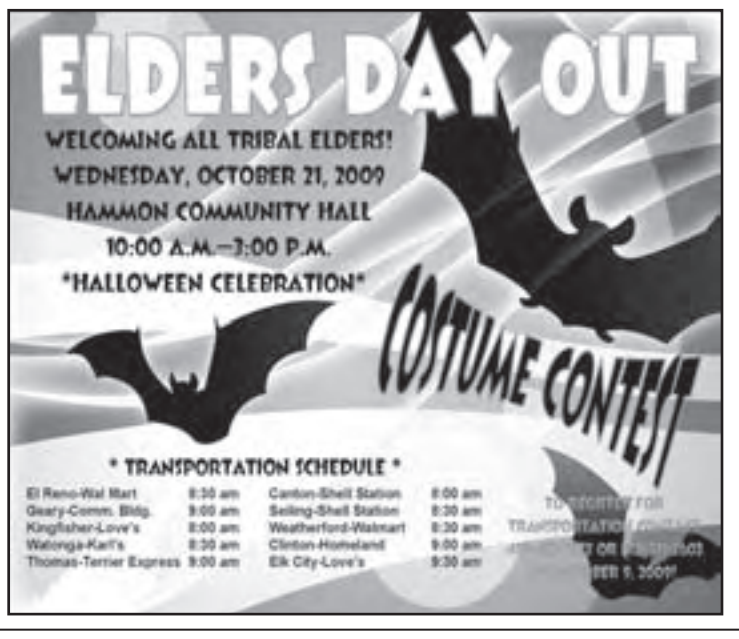
The overarching concerns throughout the symposium were enrollment, retention, recognition, and curriculum.

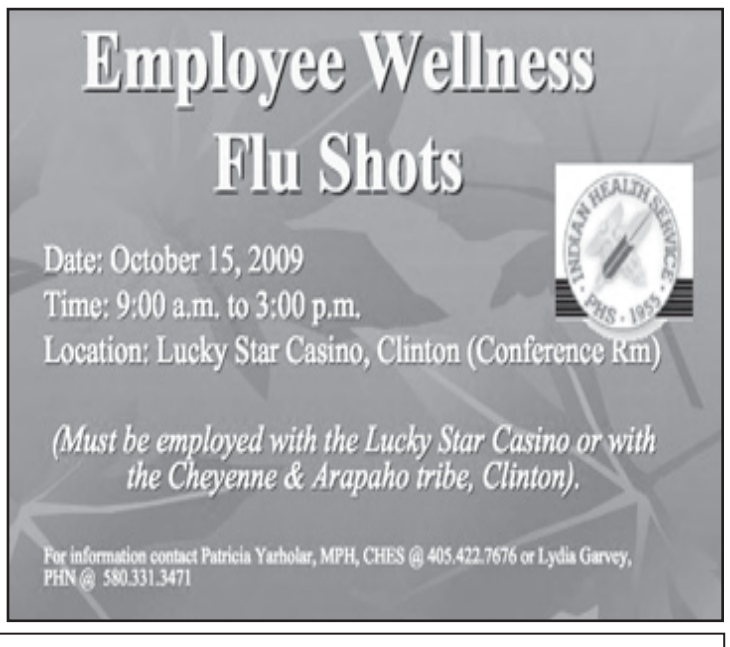
Mankiller questions whether Native American studies programs have curriculum relevant for Native American's today and if the programs provide non-Native Americans with the right type of information to understand the culture, accurate history and contemporary lives of Native Americans. She said she didn't establish a tribal college during her tenure with the Cherokee Nation because it was during a time before gaming and there was not enough money. "My perspective comes from outside the academy," Mankiller said.

Through a quote from Vine Deloria, Jr., Mankiller also brought up the issue of non-Native Americans teaching Native American studies courses. She said many professors have little experience with tribal government and no experience with

See studies, page 9

Anger Management Class
Date: October 21, 2009
Time: 1:00 pm to 4:00 pm
Location: Department of Education
CATI
1621 D East Hwy 66
El Reno
Cheyenne-Arapaho Tribal Health Education Program
Patricia Yarholar, MPH-CHES @ 405.422.7676 for information
Attendees must attend all three classes to receive a Certificate of Attendance. No Exceptions!





Cheyenne and Arapaho Tribal Tribune

Dana Attocknie, Managing Editor
(405) 422-7608 dattocknie@c-a-tribes.org

Rosemary Stephens, Graphic Artist/Reporter
(405) 422-7446 rmstephens@c-a-tribes.org

P. O. Box 38, Concho, OK 73022 Fax: (405) 262-6051

Oklahoma Press Association member

Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Annex, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

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Veterans prepare to Stand Down

Fourth annual Stand Down approaches
Nov. 10 and 11, 2009 at the Concho community building in Concho, Okla.

Submitted article

The Office of Veterans Affairs, Post 401 and Auxiliary, and the Cheyenne and Arapaho tribes are pleased to announce the upcoming event held for veterans each year, a special event that targets homeless veterans and offers a day of service for everyone who attends.

This year the emphasis is on women veterans and all nationalities and races, and a special invitation to Desert Storm, Operation Iraqi Freedom-Operation Enduring Freedom veterans. All veterans are encouraged to attend and gather information, e-mail addresses, phone numbers and materials of all kinds. State, tribal and federal programs will be on hand to assist and answer questions concerning your individual requests.

Meals will be served, transportation will be available from the outlying communities, and personal hygiene items and clothing will be distributed.

The 2009 Stand Down has a new addition of items available to the veterans who attend. Through the sponsorship of the Rocky Mountain Network as a Veterans Administration sponsor, we will be receiving excess/surplus items from the military surplus system.

Veterans who attend and register will receive these items. These items have not been identified as of yet, the system stores and houses these items and will distribute what they have on hand when our event occurs and transportation can be scheduled. We encourage all veterans to attend and participate.

The complete schedule has not been published, but we can inform you that the event always starts at 9 a.m. Nov. 10, 2009 at the Cheyenne and Arapaho tribes Veteran's Memorial/Monument in Concho, Okla.

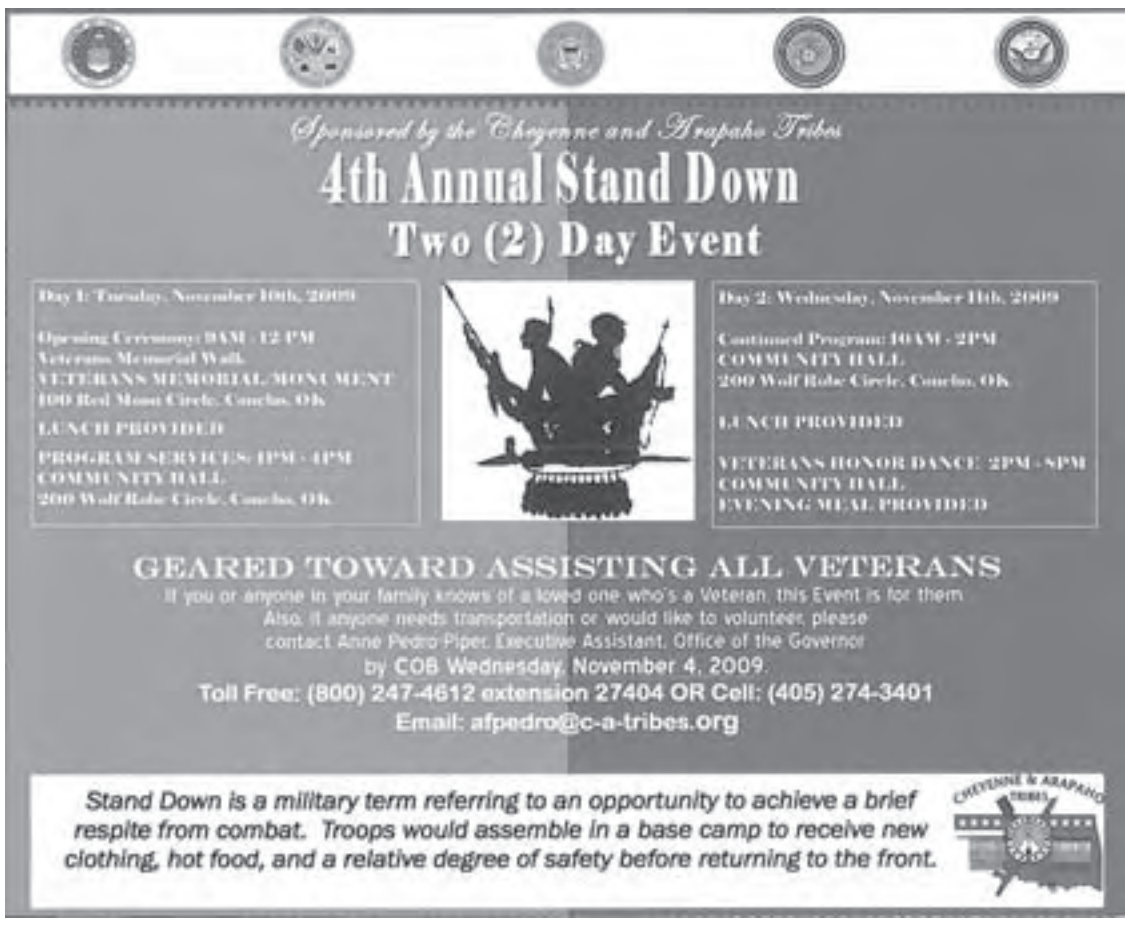
Individual veterans', families and relatives are invited to come and represent their veteran in the Veterans Walk from the memorial/monument to the community center. In past walks, families have brought flags, pictures and other memorabilia to honor their relative(s). We encourage more family members to come out and represent the veteran who graciously and honorably served our country through their personal sacrifice.

On Wednesday, Nov. 11, 2009, the second day of the Stand Down, will include exhibitors and displays that will also be available the first day Nov. 10, 2009.

The afternoon of the second day will include a gourd dance for everyone who wishes to participate, and will be a good time for anyone to come and honor individuals and relatives, starting around 3 p.m. A meal will be furnished.

This is a special time for veterans and their families to remember their service. We are fortunate to be able to facilitate this event.

There will also be a flyover by the United States Air Force between 9:30 – 10 a.m. on Nov. 10, 2009.



Master-apprentice programs can help shake languages awake

By Dana Attocknie,
Managing Editor

The "missing generation" may be the group revitalizing sleeping or dormant languages.

In the University of Oklahoma's third Dream Course lecture this semester titled *Why 'Dead Languages' Are Only Sleeping: Language revitalization for endangered languages around the world*, guest speaker Leanne Hinton offers master-apprentice programs as one idea to help languages from going extinct.

Hinton said most master-apprentice programs focus on the "missing generation," who did not learn their native language at home. She said that generation is now the most active and committed to saving languages.

"Most teachers are second language speakers," she said.

Hinton said most nations don't support more than one language and most states and nations only allow one or two languages to be used or taught. She said that's why languages are in danger.

"Language is a human right," she said. "For some reason people just don't think people can be bilingual."

Hinton provided examples of different languages including Hebrew, Welsh and Hawaiian. She said both Hawaiian and English languages were adopted by the state of Hawaii in 1978, and with immersion schools there are now several thousand speakers of the Hawaiian language.

She said 20 languages have immersion schools, including the Cuts Wood School in Browning, Mont. Cuts Wood is a kindergarten-eight grade Blackfoot immersion school that teaches a combination of sign and oral language.

Also mentioned was the Gaelic language in Scotland, where people can learn the language in textbooks, but nobody knows how to have a conversation. Therefore a program called Bumps and Babies was created to teach people how to talk to kids in daily life using their native language.

See languages, page 7

Lucky Star Casino holds ribbon cutting ceremony

(CONCHO, Okla.) -- On Friday, Sept. 25, 2009 the Cheyenne and Arapaho tribes Lucky Star Casino hosted a ribbon cutting ceremony, in concho, Okla. Gov. Darrell Flyingman,was present to cut the ribbon in celebration of the opening of a High Stakes Slot Room.

The new VIP High Limit Slot Room includes slot machines ranging from $5 to $25. The room is closed off from the main casino floor but can be easily accessed through the main entrance.

Customers playing in the new addition can expect VIP customer service. This new VIP addition is the first of many renovations to come to Lucky Star Casino.

Be one of the first to visit the new addition at Lucky Star Casino conveniently located north of El Reno on Hwy 81. Plus visit our other locations in Clinton located off of I-40 exit 69.

Photo by Theresa Littlehawk
Erica Whitecloud, CEO; Darrell Flyingman, Cheyenne and Arapaho tribes governor; Keno Littlehawk, slot director

PROGRAM PROFILE

Cheyenne, Arapaho Tribes Language Program

Language Establishes Nations. We are two nations by the fact we have two distinct languages; the Cheyenne and the Arapaho. Language is taught and used in the home since birth until death. We must learn and actively use daily, one or both of our two languages; the Cheyenne and the Arapaho.

Research documents "When language is not used daily, it will become extinct." Traditions and culture become less meaningful without ancestral language.

The Cheyenne and Arapaho languages have been taught the past 13 years throughout various schools with tribal support. The Cheyenne Language and Culture class has been taught in the schools at the high school level through ITV Instructional Television for 13 years. This class is televised from the education department in El Reno, Okla. A new ITV classroom is in Clinton at the Housing Authority Building.

A class for Arapaho language is taught in the Geary High School. Cheyenne language is also taught at Hammon High School through Title VII Indian education funds.

World Language credit or elective credit can be earned for Cheyenne I first year and Cheyenne II second year. The Arapaho language also follows the same requirements. Schools that have participated and some that are still participating are Calumet, Seiling, El Reno, Geary Watonga Kingfisher, Hammon, Riverside Indian School and Darlington. The classes are open to all students in all schools.

Language classes should be added to the yearly Title VII and JOM surveys to justify the tribal language be placed on the school class schedule. Tribal members as language resource instructors can be paid through these funds.

Schools can participate in the present language classes that have the ITV classrooms. Schools can also have regular classes in the school with more tribal people instructing the classes. Tribal instructor training is available to interested persons.

VISION STATEMENT

"Language Is Our Sovereignty"

MISSION STATEMENT

"We will present every opportunity to learn our languages, cultures, histories, and traditions to balance the true meaning of being a Cheyenne and an Arapaho. This spirit will present our nations the greatest quality of life possible."

GOALS AND OBJECTIVES

Our goals are to develop language initiatives which will create various ways of learning the Cheyenne language and the Arapaho language to the summit of using the language daily in every conversation with tribal people and others in our environment.

Our culture will be accomplished through our ancestral language as they are the same.

Objective I: Continue present language programs using the distance education classes providing auditory, verbal and grammar skills, and encouraging tribal students to become the teachers of Cheyenne and/or Arapaho. Promote learning language in and out of our service area.

Objective II: Solicit elders participation through meetings, apprenticeship, recording of their lives, tribal words, sentences, conversation to be used in the home, community, tribal day care, tribal headstart, public schools, boarding schools, tribal and state colleges and universities.

Objective III: Train tribal members as potential teachers to complete an Apprenticeship Program. Provide compensation for all participants in program.

Objective IV: Teach and train interested tribal members to become teachers in local schools. Work cooperatively with local schools to include the Cheyenne language and the Arapaho language in the curriculum.

Objective V: Produce language material: written, compact discs, digital video discs, and other technical materials to equal today's learning environment.

Objective VI: Make material available to be used in home and community with structured activities and monitored results and changes where needed.

Objective VII: Support tribal members to apply their knowledge in instructing in all grade levels in preparation through the Cheyenne and Arapaho Tribal College, Redlands, Southwestern Oklahoma State University, University of Oklahoma, Oklahoma State University and others.

Objective VIII: Use of distance education throughout Oklahoma, other states through cooperative partnerships. (College credit and non-credit courses)

Language Program funds are made possible through the Gaming Revenue Allocation Plan (GRAP).

Tribal Tidbits

Above: Richard Miller demonstrates the techniques of using the Automatic External Defibrillator (AED) to Cheyenne and Arapaho tribal employees in Building one in Concho, Okla.

Right: An AED is hooked up to a fictional victim dummy for demonstration purposes.

Photos by Rosemary Stephens

The Cheyenne and Arapaho tribes Emergency Mananagement Services and the Cheyenne and Arapaho Health Board team up to place Automatic External Defibrillators (AED) in several tribal office buildings in Clinton and Concho, Okla.

The AED will enable personnel to administer emergency help for victims of heart attacks and other physical emergencies with audio step-by-step instructions.

Photo by Dana Attocknie

Cheyenne and Arapaho tribal members and employees hit the pavement.

Walkers stepped up to participate in the tribal CHR program's Breast Care Walk on Oct. 7, 2009 at the tribes CATI center in El Reno, Okla. Everyone had their blood pressure checked before they walked around the Canadian Square Shopping Center buildings.

Participants received healthy snacks, t-shirts, goody bags and a blood sugar check once they completed their walk. The CHR program also held a walk on Oct. 14, 2009 at the Geary Community Hall in Geary, Okla. The next walk is scheduled for 10 a.m. Oct. 21, 2009 at the old Clinton hospital in Clinton, Okla. For a ride to the event, call (405) 422-7670 or (800) 687-0973.

Photos by Dana Attocknie

The Oklahoma Metropolitan Library System is helping to teach without books.

The Oklahoma Fancy Dancers were showcased during the beginning of October in nine libraries throughout Oklahoma City and the surrounding areas.

The dancers are described by sponsors as, "a group of pow wow champions that come together to form a professional and highly acclaimed Native American dance troupe. All the dancers are enrolled tribal members … representing various tribes." Before each performance on Oct. 6, 2009 at the Bethany Library the history of the dance was given. Co-Sponsors of the exhibitions are: Friends of the Metropolitan Library System, Oklahoma Arts Council, and National Endowment for the Arts.

Darlene Goodblanket

Ernest Big Medicine

Photos by Dana Attocknie

Red Earth museum is presenting an exhibit titled *Indian Territory: Portraits and interviews with 19th century elders and 21st century Native dancers* through Oct. 31, 2009.

The museum held An Artists Conversation with photographer M.J. Alexander from 6 to 8 p.m. on Oct.1, 2009 at the museum in Oklahoma City. She is author of the book *Salt of the Red Earth: A Century of Wit and Wisdom from Oklahoma's Elders.* Visit www.mjalexander.com for more information on Alexander.

The exhibit featured the following Cheyenne and Arapaho dancers: Jandra Levi, 9, Darlene Goodblanket, 10, Carlos Lightening Black, 7, Ernest Big Medicine, 37, and Cecil Gray.

Pitching her way into college

By Rosemary Stephens, Reporter/Graphic Artist

Danielle "Dani" Fox, Cheyenne and Arapaho tribal member, is getting noticed in the softball sports arena.

A senior at Yukon High School, Fox has led the Yukon Millerettes softball team to three state tournament playoffs and was working on her fourth trip to the state playoffs when a broken ankle forced Fox to sit the bench the remainder of the season.

"I hate it … it was such a stupid accident. I was at the State Fair and came down on my ankle wrong and broke it," Fox said.

Fox has been a formidable force this year on Coach Jennifer Leonard's team with an 11-1 record and hitting .417 at the plate.

"It was a devastating loss to lose Dani as our team leader and No. 1 pitcher. She was also an important bat for us," Leonard said. "Dani continues to encourage the team and supports her teammates everyday, even with a broke ankle she is always at practice with a strong presence."

Though out for the rest of the season at Yukon High School, Fox will be back in the fall at Washburn University in Topeka, Kan. Fox has been awarded a college scholarship for her softball athleticism.

Courtesy photos

"I haven't decided on a major yet … been thinking about the law field, but I'm just not sure yet," Fox said.

While Fox is a formidable presence on the softball field earning all conference honors, she is also a formidable presence in the classroom.

Fox maintains a 4.3 GPA and said she knows education is important. She said playing softball is giving her the chance to get a college education.

"I would tell girls to never give up if you want something bad enough you have to work for it," Fox said. "I've been lucky to have a lot of support from my family, friends and all of my coaches."

Fox is the daughter of Adam and Connie Fox and the granddaughter of B.T. and Claude Tyner and Herbert and Martha Fox. She has one brother, Dylan, 12.

Fox anticipates having her cast removed in a couple of weeks and plans on continuing working out daily and getting ready for play with the Oklahoma Exclusive Gold softball team.

A hard question answered

By Matheson Hamilton

Chapter 6

In the early hours before day break Afraid of the Dark went down to the river to bathe and thank the Creator for another day to live and share with Redtail Hawk.

He had concerns and didn't know how to explain them to anyone.

Redtail Hawk was going to be a mother in a couple of moons so he was happy for that, yet in his mind he wondered what would he have done if Redtail Hawk couldn't have had any children.

That was his concern because he felt sad for his aunt as she never had any children of her own. He thought it was now time to go and talk to his aunt and uncle.

As he walked with the cool morning wind in his wet hair, Afraid of the Dark felt so alive yet confused and he knew that he needed to know the answer to his question. If having children is the greatest gift the Creator gave to women, why was his aunt, a woman so giving of herself, denied this gift?

He came into view of his uncle's camp and already his aunt had gathered wood and had the campfire going. His aunt, seeing him smiled real big and said come sit down and I will get your uncle so you can eat with us. You two can smoke while I cook.

When Afraid of the Dark and his uncle were through smoking, his uncle said what brings you to our camp so early? Afraid of the Dark told his uncle what his problem was and his uncle said after our morning meal we will talk.

After the morning meal his uncle said to his wife Afraid of the Dark has a question for us and I think you can answer it best. So Afraid of the Dark asked the same question again.

His aunt answered that it is a great gift the Creator gives to women and I have not had the pleasure of bearing children but I have had the joy and sorrow of raising children. I, too, had the same question. Your uncle told me the gift of life is great but the greatest reward is raising children.

Like I have you boys and I would not trade you for anything. We all have a purpose in life. Mine was not in having children, but in raising you boys when your parents were taken away.

Remember your grandfather, your father and your uncle's father was found wandering in the forest when he was real young. He was raised by all of our tribe. He said all the women and men were his parents and, remember, he was one of our greatest chiefs. Our Creator has made a purpose for everyone He put on this Earth. You say that it was hard to ask this, but it is a good question.

We have always told you boys to never be afraid to ask us anything. I am glad you came to us. My purpose was knowing how family life truly is.

When you boys came into our lives you filled a void we had in our lives. By nurturing you and teaching you and mostly by loving you, I feel fulfilled in my life. I have good memories of when you were sick and well, hurt, mentally and physically.

To me the greatest gift our Creator gave to women is not bringing life into this world, but giving life meaning. As your uncle and I have with you boys. By teaching you love, patience, respect and other virtues that you can base your lives on and always remember if you have any problems to pray as our Creator will give you peace in your life.

My son, remember we will always love you and be there for you. Now go and I hope I have answered your question as that is the way I see my life and I feel complete.

Foster homes needed

By Adrian Prairie Chief, Prevention worker.

The Cheyenne and Arapaho tribes Indian Child Welfare is currently in need of foster homes. If there is any one that is interested please contact the ICW office at (405) 422-1173 or (877) 212-4453.

REACHing OUT

Submitted article

The Southern Plains REACH US American CEED Cheyenne and Arapaho tribes R.E.A.C.H. U.S. program is renewing the contract with the State of Oklahoma to implement regional and national activities that focus on the prevention of cardiovascular disease and diabetes through capacity building, infrastructure development, and best practices to implement environmental and policy changes.

The new fiscal year began Sept. 30, 2009 with a new focus.

R.E.A.C.H. U.S. will be working to establish no smoking policies in local schools 24 hours a day, seven days a week.

Schools will be contacted to implement new policies or to monitor old policies. R.E.A.C.H. U.S. will also be promoting an evidence-based Coordinated Approach to Child Health (CATCH) curriculum in the area schools.

The curriculum provides games and activities that promote physical activity, good nutrition and is proven to work.

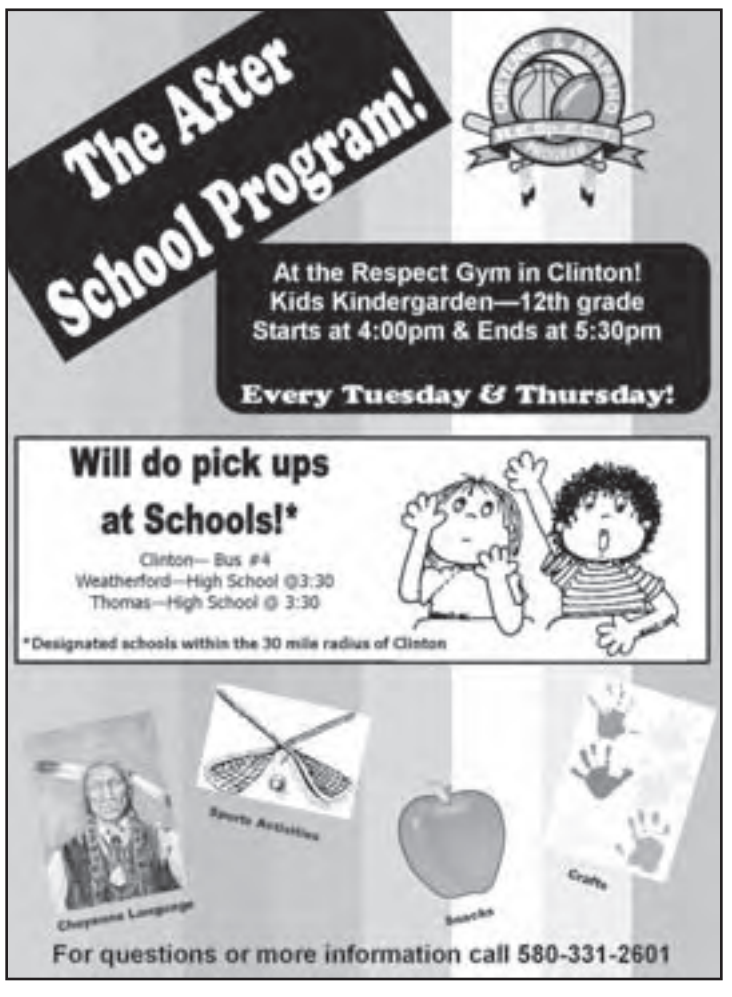
R.E.A.C.H. is recruiting local businesses that are interested in becoming certified as a Healthy Business through the State of Oklahoma.

The Oklahoma Tobacco Helpline provides access to information and resources to quit smoking and will be promoted by R.E.A.C.H. U.S Employee wellness is also an important part of creating a healthier environment.

Policies that promote healthy environments will provide a setting that will help improve the health of the community and conceivably reduce the burden of health care.

The Southern Plains REACH US American Indian CEED announces RFP year two legacy applications.

See REACHing, page 8



Cheyenne teen to participate in the Miss West Virginia Teen USA Pageant

Submitted article

Aleigha Old Crow, 17, originally from Edmond, Okla. has been selected to be a contestant in the Miss West Virginia Teen USA Pageant to be held Oct. 23-25, 2009 in Flatwoods, W.Va. She is an enrolled member of the Cheyenne and Arapaho tribes of Oklahoma and is also Muscogee Creek and Choctaw.

The Miss West Virginia Teen USA Pageant is a scholarship pageant under the umbrella of the Miss Universe Organization. The winner and top four finalists receive scholarships to Lindenwood University in St. Charles, Mo.

The pageant is a venue where young women from 14-26 years old can grow personally in poise, confidence, goal setting, public speaking, communications skills, physical fitness and self-discipline. Old Crow will undergo interviews from a distinguished panel of judges and take part in a swimsuit and evening gown competition.

Old Crow will be the first Cheyenne tribal member to be in the pageant and will go on to represent West Virginia in the National Miss Teen USA pageant should she win the title.

"I am very excited to be a part of a pageant where Native (American) females typically are not represented. I am honored to represent my family and my tribes and to be a role model to other young Native American youth."

Old Crow is currently living in Harpers Ferry, W.Va. where she attended Washington High School and was on the 2008-2009 varsity high school girls basketball team, a member of the WHS Dance Team for 2009-2010 and WHS Theater Arts. Old Crow has had instruction in modern, tap, ballet, and jazz dance, gymnastics, and vocal music.

Old Crow has been performing since the age of 5 in musical theater productions in school including "Bye Bye Birdie, "Oklahoma" and was a Polychinelle in the Southwest Ballet Company of New Mexico production of the "Nutcracker." She graduated in December 2008 from the Youth Film Academy in Vienna, Va. with instruction in acting and film production.

Old Crow is actively pursuing a career in film and modeling and recently submitted her audition tape for the role of "Leah Clearwater" in the *Twilight* sagas' third installment entitled, *Eclipse*. After graduation in May 2010 she plans to relocate to Los Angeles, Calif. to continue to pursue her goal of being in mainstream films and production.

Old Crow was a summer 2009 youth intern at the Indian Health Service headquarters in Rockville, Md. where she worked in the Division of Administrative Services. Aleigha also travels to Oklahoma every summer to take part in traditional Cheyenne ceremonies with her Old Crow family.

Old Crow is the daughter of Susan Anderson and Chuck Hozdic IV of Harpers Ferry, W.Va. Her maternal grandparents are Vernon and Frances Anderson of Oklahoma City. She has two sisters, Alexa Old Crow, a senior at the University of Oklahoma and Angela Livingston of Edmond, Okla.

Aleigha Old Crow

Her father is Randall Old Crow of Hammon, Okla., her paternal grandmother is Clara Old Crow of Hammon, Okla. and paternal grandfather was the late Denny Old Crow.

The Cheyenne and Arapaho tribes of Oklahoma is a proud sponsor of Old Crow in this endeavor and she is grateful for their support.

Independent Living Center opens doors to all tribes

The Cheyenne and Arapaho Housing Authority is now accepting applications from OTHER MEMBERS OF OTHER TRIBES for the Independent Living Center located in Clinton, Okla.

The Independent Living Center is offered to Cheyenne and Arapaho tribal members or other members of other tribes who are 55 and over; and must be capable of living on their own without a live-in-aide. The Independent Living Center offers the following:

- Community living space
- Safe room
- A.D.A. compliant
- Laundry facilities
- Total electric
- Fire suppression protection
- Emergency notification system
- Convenient parking

The Living Center consists of 26 one-bedroom units and four two-bedroom units. Each unit is equipped with a range, refrigerator, handicapped showers and washer and dryer hook-ups (washer and dryers are not provided). There are only nine vacant units left for lease.

All interested Cheyenne and Arapaho tribal members or members of other tribes over the age of 55 are encouraged to apply.

Applications may be obtained through the Cheyenne-Arapaho Housing Authority located at 2100 Dogpatch Road, in Clinton, Okla. or by calling (580) 323-4877 or (800) 482-4288.

Tribal courts to take over eagle-religion case

(CHEYENNE, Wyo.) - A federal judge has agreed to let a tribal court handle the prosecution of a Northern Arapaho man who shot a bald eagle four years ago for use in his tribe's Sun Dance.

Winslow Friday, now in his mid-20s, has acknowledged he killed a bald eagle without a permit on the Wind River Indian Reservation in central Wyoming in March 2005.

U.S. District Judge Alan Johnson of Cheyenne entered an order on Oct. 2, 2009 vacating a trial he had scheduled to begin Oct. 5. 2009 in Friday's case. The judge specified tribal courts would handle the matter.

The question of whether Friday should be prosecuted for killing the eagle has fired debate over American Indian religious freedoms. It's also prompted some to question the adequacy of a federal government program that allows American Indians to get permits to kill eagles or to receive their feathers and other body parts for religious ceremonies.

U.S. District Judge William Downes of Wyoming initially dismissed the government's case against Friday in late 2006.

Even though Friday hadn't applied for a permit to kill the eagle, Downes wrote that it would have been pointless for him to apply. The judge wrote that the federal government pays mere lip service to respecting American Indian religious beliefs.

A three-judge panel of the U.S. Court of Appeals in Denver later reversed Downes' ruling. Friday tried unsuccessfully to appeal that decision to the U.S. Supreme Court.

James Barrett, an assistant federal public defender in Cheyenne, represents Friday. Barrett was unavailable for comment, his office said. An attempt to reach Friday was also unsuccessful.

In an interview in August, Barrett said he was trying to resolve Friday's case by possibly having it transferred to another court.

Barrett emphasized in August that the number of eagles that American Indians kill for their religious practices doesn't have a significant effect on the eagle population.

``Not any of us would want our religious practices regulated the way the tribe's practices are, particularly when there's little actual impact,'' Barrett said. ``If they were out with automatic weapons knocking eagles out of the sky by the hundreds and impacting the population, well, OK _ you might be able to work something out. But that's not happening.''

The U.S. Attorney's Office in Cheyenne declined comment on the transfer of Friday's case to tribal court.

Although Judge Johnson stated in his order that he expects the tribal courts to resolve Friday's case. But the judge also kept open the possibility that he could still hold a trial on the case next month if it's not resolved first.

Donovan Antelope, spokesman for the Northern Arapaho tribe, said the Tribal Business Council would have no comment on Friday's case while it was pending in tribal court. An attempt to reach a tribal attorney was unsuccessful.

Senior members of the Northern Arapaho tribe appeared at a federal appeals court in Denver in support of Friday when the federal government appealed the dismissal of his case in 2007.

Nelson P. White, Sr., then a member of the Northern Arapaho Business Council, said after the 2007 court hearing that he didn't believe Friday should be charged with any crime. White emphasized that tribal members don't kill eagles indiscriminately.

``My grandfather gave me a whistle from the eagle bone, and his grandfather gave that to him,'' White said. ``We don't kill birds every day, or every year.''

White said many of the birds American Indians receive from a federal depository in Colorado were rotten, or otherwise unfit for use in religious ceremonies.

``That's unacceptable,'' White said. ``How would a non-Indian feel if they had to get their Bible from a repository.''

Sweat lodge victim's family says she was in shape

(PRESCOTT, Ariz.) - A 38-year-old New York woman who died after sitting in a sauna-like sweat lodge at a scenic Arizona resort was an avid surfer and hiker who was ``in top shape,'' took self-improvement seriously and had a passion for art, a family spokesman said.

Kirby Brown of Westtown, N.Y., was one of two people who died Oct. 8, 2009 after being overcome in the crudely built hut during a spiritual cleansing ceremony.

Authorities on Saturday Oct. 10, 2009 identified the other victim as 40-year-old James Shore of Milwaukee, who served as director of business development at an Internet marketing company in his hometown.

Nineteen other people were taken to hospitals, suffering from burns, dehydration, respiratory arrest, kidney failure or elevated body temperature. Most were soon released, but one remained in critical condition on Oct. 10, 2009.

Brown had no pre-existing health conditions that would have kept her from participating in an otherwise safe activity, said cousin and family spokesman Tom McFeeley. That two people died and 19 others became ill at the Angel Valley Retreat Center indicates that ``something went horribly wrong.''

``Our only thought is shock, sadness and surprise,'' McFeeley said. ``There will be plenty of time to react to the truth of what happened here, but we believe it is pointless to be angry or to place blame or to make assumptions before we understand what occurred here.''

Matt Collins, who knew Shore since seventh grade, described his friend as a wonderful husband and father whose life revolved around his three kids.

``Everybody who got to know him absolutely loved him,'' Collins told The Associated Press.

Collins said he was stunned to hear of Shore's death, and the family remained in shock.

``Right now we're trying to focus on making sure that his wife, his children are comforted during this time,'' he said.

Autopsies on Brown and Shore were conducted Friday, Oct. 9, 2009, but the results weren't disclosed pending additional tests. Authorities have ruled out carbon monoxide poising as the cause.

Yavapai County Sheriff Steve Waugh said his detectives were focusing on self-help expert and author James Arthur Ray and his staff as they try to determine if criminal negligence played a role.

Waugh said Ray refused to speak with authorities and has since left the state.

``We will continue this investigation down every road that is possible to find out if there is culpability on anybody relative to the deaths of these individuals,'' Waugh said.

He said it could be three to four weeks before they knew if criminal charges would be filed.

Ray's recent postings on his Twitter account said he was ``shocked and saddened'' by the tragedy.

``My deep heartfelt condolences to family and friends of those who lost their lives,'' he wrote. ``I am spending the weekend in prayer and meditation for all involved in this difficult time; and I ask you to join me in doing the same.''

Ray's company, James Ray International, is based in Carlsbad, Calif. Ray's publicist, Howard Bragman, expressed condolences in a statement but declined to speak about the deaths.

Bragman didn't return a call for additional comment on Oct. 10, 2009.

See lodge, page 9

Education is Survival: new seat belt campaign by MDT's Safe On All Roads program

By Lance Elliot Four Star,
Safe On All Roads Coordinator
Fort Peck Assiniboine, Sioux Reservation

Now that children and teens are back in school, it is a good time to remind parents to set a good example by using their safety belts.

The Montana Department of Transportation's Safe On All Roads (SOAR) program is running a new seat belt education campaign to help encourage residents of American Indian communities in Montana to buckle up. The campaign theme was developed on the Fort Peck Reservation by community organizer and former SOAR coordinator, Mike Todd, with the help of the Assiniboine chiefs, Robert Four Star and JoJo Miller. The message from these elders is that, even as we send our children to school to learn the skills that will help them feed and shelter their families, so we must continue to give the lessons of survival.

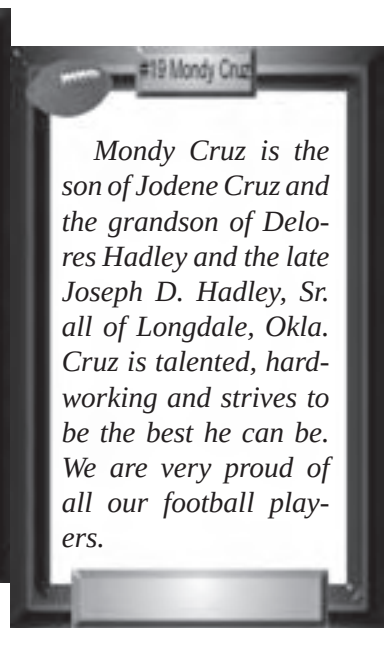
One of these lessons that will help them survive is wearing a seat belt. Elders and parents are the first and most important teachers of our children. The children are looking to them for guidance in order to survive in a world that can sometimes offer mixed messages. Adults send a strong message, set a standard of excellence and lead by example through attaining an education at institutions of higher learning. Children are learning that a person must reach higher levels of education than previous generations in order to obtain food, shelter, transportation and other necessities of survival today.

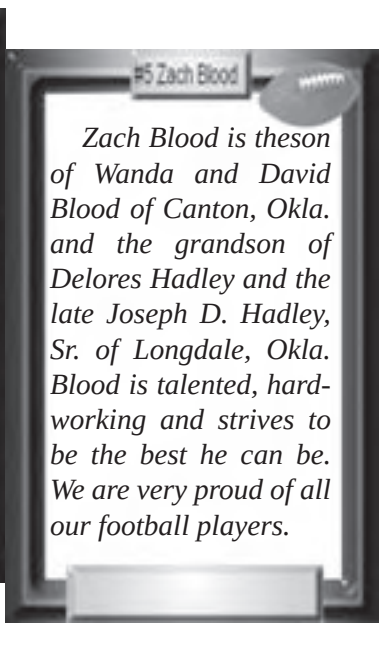
Our ancestors had to make important decisions in order to ensure that we are alive and have opportunities that they did not have. We would not be here if our grandparents had failed this task. Elders and parents have been the most valuable teachers in our society in the past, are now, and will always be in the future. The lesson of buckling up seat belts when in a vehicle can and must be taught by everyone. Wearing a seat belt is as important to travel-

See Survival, page 7

Cheyenne, Arapaho sports spotlights
Canton High School football players in Canton, Okla.

Submitted information





Muskogee VAMC receives money to improve healthcare services for rural veterans

Submitted article

With the help of a $3.9 million grant from the Department of Veterans Affairs Office of Rural Health, the Jack C. Montgomery VA Medical Center (JCMVAMC) is launching new initiatives to reach out to veterans in rural eastern Oklahoma.

"This is a great opportunity for us to reach out to our veterans in rural parts of the state and expand healthcare access to all Oklahomans who have served our nation," said Gracie Specks, Acting Medical Center director.

The grant will help the medical center establish four Home Based Primary Care teams that will bring healthcare to eligible veterans in the Hartshorne, Pawhuska, Talihina, and Vinita area.

Home Based Primary Care (HBPC) is a community-based care program that manages veterans' healthcare within a home setting. HBPC consists of an interdisciplinary team that travels to the home and provides care to veterans who do not have adequate access to healthcare due to complex medical, social, or behavioral conditions, which make travel for routine clinic-based care not possible or not effective.

The need to increase HBPC services into rural communities is essential to meeting this population's needs. There are many veterans not currently enrolled within VHA who reside in rural areas that could be eligible for HBPC services. Finally, the amount of surface area within JCMVAMC's catchment area is approximately 19,000 square miles, making travel and access from these areas to the medical center very difficult.

Part of this initiative is partnering with Indian Health Service (IHS) and Osage Nation to set up HBPC as a satellite program so the medical center will be able to better serve a unique population, as well as those residing in highly rural areas of the state. The overall goal of this collaboration is to reduce unnecessary healthcare usage while improving patient health, wellbeing, and satisfaction. This proposal involves a new service location not currently served by VA's HBPC and targets Native American veterans, an especially underserved patient population with special needs.

HPBC sites will be located at the Vinita Community Based Outpatient Clinic (CBOC), Hartshorne CBOC and the Talihina State Veterans Center. Positions needed for immediate hire include a physician, nurse practitioners, occupational therapist/physical therapist or kinesiotherapists, psychologists, and pharmacists. Additional positions in program support, social work and dieticians will be sought at later dates.

Positions are currently posted on www.USAJOBS.gov. For personnel questions, contact Human Resources at (918) 577-3600. For HBPC information, contact Lindsey Alig, Geriatrics & Extended Care, at (918) 577-4169.

Advocating for innocence

OCU Law hosts John Grisham

By Dana Attocknie, Managing Editor

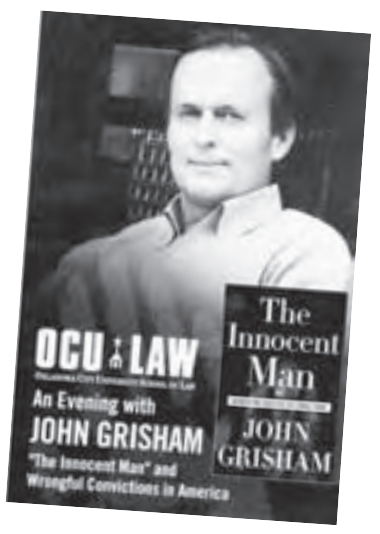
Wrongful convictions do happen.

In a step to right some wrongs, the Oklahoma City University School of Law is working to correct wrongful convictions by establishing a Center for Wrongful Convictions. To help bring awareness and raise funds for the center, the OCU School of Law hosted an evening with author John Grisham on Oct. 13, 2009 at OCU's Henry J. Freede Wellness and Activity Center on campus in Oklahoma City.

Grisham spoke about his non-fiction novel *The Innocent Man.* The book focuses on the cases of two Oklahoma men, Ron Williamson and Dennis Fritz, who were wrongfully convicted in Ada, Okla.

"It's not a problem for Oklahoma; it's a problem for our country," Grisham said.

See innocence, page 9



Paul Hutton to speak at Washita Battlefield National Historic Site

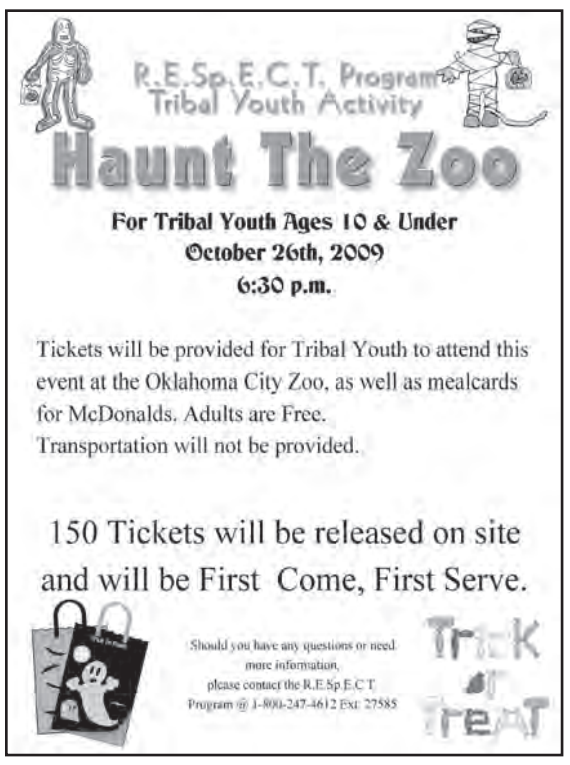
Submitted article

Dr. Paul W. Hutton, nationally renowned scholar and professor of history at the University of New Mexico, will speak at 7 p.m. Saturday, Nov. 7, 2009 at the Washita Battlefield National Historic Site. The program will be in the National Park Service Visitor Center gallery one mile west of Cheyenne, Okla. After the presentation, there will be a question and answer period. A reception and book signing will follow the program.

As one of the nation's most articulate and productive western historians, Hutton will speak on "Custer and the Washita," with an emphasis on how the attack reflected the emerging military policy for the west.

"We are looking forward to Dr. Hutton's visit," said park superintendent, Lisa Conard Frost, "he is an unparalleled historical commentator, dynamic speaker and long-time friend of Washita Battlefield National Historic Site."

Hutton has written or edited many articles and books including Phil Sheridan and His Army, (1999) and was one of the historians interviewed for Destiny at Dawn: Loss and Victory on the Washita, the film produced for the park visitor center.



Chicken Tortilla Stew

4 to 5 cooked, boneless, skinless chicken breast halves or 1 rotisserie chicken, shredded (about 6 cups)
3 (14-ounce) cans reduced sodium chicken broth
2 (10-ounce) cans mild red or green chili enchilada sauce
1 (12-ounce) can evaporated milk
2 cups matchstick or shredded carrots
1 cup uncooked long or medium grain rice
1 1/2 teaspoons ground cumin
2 cups frozen whole-kernel corn, thawed
1 1/2 cups broken tortilla chips
Fresh cilantro leaves, sliced green onions (optional)

Combine broth, enchilada sauce, evaporated milk, carrots, rice and cumin in large saucepan.
Cook over medium-high heat until mixture begins to simmer.
Reduce heat to medium-low. Simmer for 15 to 20 minutes, stirring occasionally, until rice is tender.
Add chicken and corn; stir well.
Spoon into serving bowls; top each serving with tortilla chips, cilantro leaves and green onions, if desired.

Makes 9 servings.
*Different brands of enchilada sauce may have different heat levels. A hotter enchilada sauce can be used if a spicier stew is desired.

Cooking with commods

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Smart Shopping

Tough economic times have everyone looking for ways to save their hard earned money. One way many of us try to cut back is by taking a look at our food budget. Good nutrition is key to our health in the preventions of such diseases as heart disease and diabetes. Making an investment in healthy eating is important to ourselves and our families overall health and well-being.

Healthy food does not have to be more expensive. By planning ahead we can spend less and still make good healthy choices. Here are a few healthy eating shopping tips that will help stretch your dollar.

Make a list. Plan ahead and make a list of exactly what you plan to buy. When we do not have a list we are more likely to impulse buy and get more items than what we really need.

Shop alone. The more members of our household we bring with us to the grocery store, the more likely there will be "extra" items that sneak into the cart. It's no mistake many grocery stores put sugary snacks eye level of kids. Grocery stores and food companies are trying anyway they can to get us to put more items into our cart.

Eat before you shop. When we go to the grocery store hungry, we are more likely to use our stomach instead of our heads when shopping for items.

Compare unit prices. Just because an item comes in bulk packaging, does not always mean it will cost less. Compare the prices of different brands and package sizes. Check the unit price. This is usually found on a small tag just below the item on the display shelf. The unit price will tell you how much an items will cost per pound, ounce, etc.

Cook once for two meals. Cook a dish for you or your family in a larger quantity than you will need for one meal. Put the extra food you make in the freezer to use for a meal at a later date. This will save you both time and money.

Buy fresh fruits and vegetables in season. If you buy a watermelon in December you're going to pay for it. Look around and see which fruits and vegetables are cheaper, or talk with your produce worker to see which fruits and vegetables are in season different times of the year. By finding out which fruits and vegetables are in season, you will be able to plan your meals around them. Best of all, fruits and vegetables that are in season taste better than those that are not.

Focus on the outside aisles of the store. The outside aisles are where the fresh fruits and vegetables, meats, and dairy are usually located.

The inside aisles are usually stocked with highly processed food, which is usually less nutritious and more expensive. However, be sure to not skip over the whole grain and frozen vegetable sections that are located in the center aisles.

Convenience food can cost more. Foods such as shredded cheese, pre-cut vegetables, single-serving and individual packaged food items such as crackers can cost more. We are paying more for the food companies to "prepare" the food for us. Buying blocked cheese and shedding it ourselves, cutting our own vegetables, and making our own "100 calorie packs" can cut down on the cost.

Cut coupons only for the foods you eat. Many times we are tempted to use a coupon on an item we think is a good deal. However, it's not a great deal if we buy an item we really don't need.

For additional information or questions concerning healthy eating, diabetes, or weight management, please contact the C-A Diabetes Wellness Program at (405) 422-7688

Important Reminder

The 2009 Ceremony Contributions

Submitted article

To better serve tribal members in their traditional and cultural endeavors and to comply with all tribal finance procedures, applicants are required to sign an acknowledgement of ceremony contributions agreeing to submit all receipts related to their 2009 ceremony contribution.

We respectfully request all approved applicants submit 2009 ceremony receipts as soon as possible.

It is important all receipts be turned into the Culture and Heritage program **IMMEDIATELY.** Failure to comply will result in the **DENIAL** of future assistance from the Culture and Heritage program. Thank you for your cooperation. If you have any question please contact program offices at (800) 247-4612 ext. 27704 or 27714.

BRIEFS

Governor's Conference on Tourism
Oct. 18-20, 2009 at the Tulsa Renaissance Hotel and Convention Center in Tulsa, Okla. To register call (405) 942-1121.

The 2009 American Indian Health Policy Conference
Oct. 22-23, 2009 in Albuquerque, N.M. For more information or to register visi www.ncai.org.

The Sequoyah National Reserarch Center 2009 annual Symposium
Oct. 22-24, 2009 at the Univ. of Arkansas at Little Rock Campus in Little Rock, Ark. For more information call (501) 569-8336.

Haskell Indian Nations University Dialogue and Information Session
Oct. 23, 2009 Midwest Region; Milwaukee, Wis. For more information call Stephanie Birdwell, Deputy Director, BIE, (202) 208-4397 or sbirdwell@bia.edu.

Grievance and Appeal Procedures for Human Resources Professionals in Indian Country
Oct. 27-28, 2009 in Albuquerque, N.M. To register visit. www.falmouthinstitute.com.

Indian Energy Roundtables/United South and Eastern Tribes 40th anniversary celebration and annual meeting
Oct. 26-29, 2009 at the Seminole Hard Rock Hotel and Casino in Hollywood, Fla. To register or for more information contact Wanda Janes, interim executive director, at (615) 872-7900.

American Indian Science and Engineering Society 2009 National Conference
Oct. 29-31, 2009 at the Oregon Convention Center in Portland, Ore. For more information or to register visit www.aises.org.

American Sign Language Teachers Association fifth National Professional Development Conference
Oct. 29-Nov. 1, 2009 at the Biltmore Resort in Phoenix, Ariz. For more information or to register online visit www.aslta.org.

Faces of a Healthy Future-National Conference to end Health Disparities
Nov. 3-6, 2009 at the Twin Quarters in Winston-Salem, N.C. For more information, contact Laura Sharp at (704) 376-1943 or email lsharpe@tribblecreativegroup.com.

National Congress of American Indians (NCAI) 11th annual Indian Law Conference
Nov. 13, 2009 at the National Museum of the American Indian in Washinton, D.C. For more information visit www.ncai.org.

The 12th annual NTTC National Tribal Transportation Conference
Nov. 16-19, 2009 at the Pointe Hilton Tapatio Cliffs Resort in Phoenix, Ariz. For more information or to register visit www.ncai.org.

Construction Inspection for Tribes and Tribal Organizations
Oct.26-27, 2009 at the Tuscany in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com

Congress declares National Adult Education, Family Literacy Week

(CONCHO, Okla.) – The Cheyenne and Arapaho tribes - Adult Education program and the National Coalition for Literacy (NCL) invite everyone to join them in celebrating National Adult Education and Family Literacy week, Oct. 18 – 24, 2009.

This congressional declaration is the culmination of literacy advocacy and outreach resulting in 26 co-signers in the House. Congressman Jared Polis (D-CO), the author of the resolution, spoke in support of its passage, as did Congressman Tom Petri (R-WI) and Marsha Blackburn (R-TN).

NCL (www.national-coalition-literacy.org) is a national adult education leadership organization comprised of member organizations and adult education professionals, committed to promoting adult education and literacy, family literacy, and English language development in the United States.

NCL seeks to advance adult education, language, and literacy by fostering collaboration and advocacy at the national level among public and private organizations.

Adult education and family literacy programs serve adult students who need to improve their basic literacy and math skills, improve their oral and written English, practice for the GED test to attain a high school equivalence degree, and prepare for community college or vocational training. According to the latest national survey of adults, over 93 million American adults have basic or below basic literacy skills that limit their ability to advance at work and in education.

Family literacy programs serve parents and their young children, teaching basic skills, English as a Second Language, and parenting skills to the adults while the children are provided high quality preschool programming. These programs are focused on breaking the cycles of low literacy, low education and poverty, because children's literacy levels are strongly linked to their parents' literacy levels, especially their mothers.

In several counties within the Cheyenne and Arapaho service area, there is an average of 13 percent rate of low literacy of the population within the nine county service area. Blaine County ranks the highest with 16 percent of its population lacking basic prose literacy skills and Canadian County ranks the lowest with 8 percent of its population.

Literacy does not only impact the education and economics of people, but also non-economic activities such as political and social participation, early childhood education, parent involvement, family literacy environment, and health literacy.

Political and social participation includes activities such as voting, volunteering, joining the armed forces, and obtaining information about current events, public affairs, and the government (tribal, local, state, and federal) from newspapers, magazines, radio, Internet, and television.

Facilitating early childhood education to all children under the age of 8 in the home includes the frequency of activities such as teaching children the alphabet, pointing out words to children, singing songs, or engaging in rhyming activities with their children.

Providing parent involvement in the education of school aged children includes the frequency of parents talking with children about school studies and helping them with their homework. Maintaining a family literacy environment in terms of books, magazines, and computers owned in the home promotes literacy to everyone in the home.

Help celebrate National Day on Writing

Submitted article

The National Center for Family Literacy (NCFL) is a partner in the National Gallery of Writing, an online exhibition of writing hosted by the National Council of Teachers of English. The pieces will be unveiled on Oct. 20, 2009, as part of The National Day on Writing, an initiative that celebrates the variety and importance of writing in daily life.

Our gallery theme is "Family Portraits," and we need your help in filling our gallery!

The portraits are intricately painted through the notes, essays, drawings, poems, and stories of parents, other caregivers, children, grandparents and other family members as they write to, for and about each other. You can submit one piece of writing that is important (be it a letter, digital composition, video, or other format.) It just takes a few minutes to upload your submission.

Submit your writing through the National Gallery of Writing http://www.galleryofwriting.org/ and choose NCFL—Family Portraits gallery for your submission. Though pieces will be unveiled on Oct. 20, we will continue taking submissions through June 1, 2010. We look forward to seeing your pieces in the Family Portraits gallery!

Survival

Continued from page 5

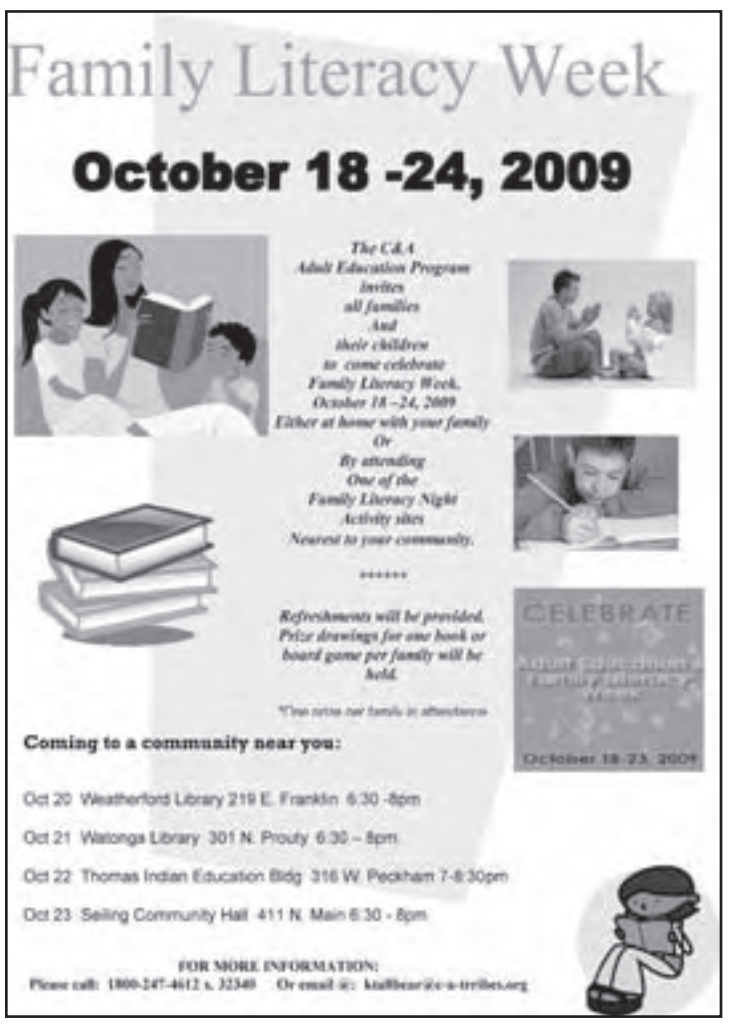
ing as fuel is to driving. The lesson of wearing a seat belt can be taught by the simple act of example: wearing a seat belt every time when traveling anywhere life takes us. Educate your children, set the standard and lead by example: wear your seat belt every time you are in a vehicle. The "Education is Survival" campaign is currently running on seven reservations in Montana.

The campaign materials are based on a photo by Robert Stone of Wolf Point that features Assiniboine Red Bottom Clan Chief Robert Four Star and a group of boys receiving instruction. The boys include John Hawk, Leslie Hawk, David Hawk, Jr., Bradley Four Star, Trey Four Star, and Dylan Fast Horse, all of the Fort Peck Reservation. The SOAR program welcomes ideas for seat belt and impaired driving prevention campaigns.

For additional information about the Montana Department of Transportation's Native American Traffic Safety program, see www.safeonallroads.com or www.facebook.com/SafeOnAllRoads

Pinamiya, Lance Elliot Four Star

The above news release features a photo of the son's of a Southern Cheyenne family living on the Fort Peck Assiniboine and Sioux Reservation in Northeast Montana. Dylan Fast Horse is the son of enrolled Cheyenne member Joetta All Runner Four Star and Lance Four Star, chairman of the Assiniboine Council and the Fort Peck coordinator for the Montana Department of Transportation's Native American Traffic Safety Program, Safe On All Roads. David Hawk Jr., John Henry Hawk, and Leslie Hawk are the sons of enrolled Cheyenne member David Hawk Sr. and Sonia Martell.



language

Continued from page 3

"The language takes on a feeling of a language you love and want to use," Hinton said.

Hinton said there is also hope for languages with no speakers left. She gave an example of Jessie Little Doe Baird who learned the native language of Wampanoag through documentation.

According to the Wôpanâak Language Reclamation Project Web site, www.wirp.org, the tribe had been without fluent speakers for over 150 years.

Hinton said there are tribes who feel outsiders should not know their native language and other people, like the Hawaiians, who feel the more people who know, the better. Otherwise, a person's native language may end up always being their second language, she said.

"The ultimate goal is for young children to learn it," she said. "Ultimately making it a first language is important."

Hinton did touch on how some grandparents and great-grandparents are too leery to be a language teacher.

She said the more people can have a native teacher, the better since there is the possibility of the language being diluted by second language teachers who may not pronounce words they way they were originally spoken.

Also, younger people develop new words and tend to have more new words in their dictionaries/vocabulary than old words.

"Languages change whether they're diluted or through development," she said.

She brought up an old English example of when the French took over and most people spoke French. Then later when the English language dominated again, it had changed.

Hinton is a professor emerita at the University of California at Berkley. She co-founded Advocates for Indigenous California Language Survival, and has a Breath of Life workshop to teach archival language research.

She was awarded the 2006 Lannan Foundation's Cultural Freedom Award, and authored *How to Keep Your Language Alive* with Nancy Steele.

Hinton and Ken Hale are editors of *The Green Book of Language Revitalization in Practice.*

For more information presented by Hinton visit www.ethnologue.com.

The final Dream Course series will be at 7 p.m. Nov. 9, 2009 at the Sam Noble Museum of Natural History in Norman, Okla. The topic is, "Rethinking the Role of Literacy in Indigenous Language Maintenance and Renewal."

CALENDAR of Events

Ghost Tours

Oct. 17, 2009 at Fort Reno in El Reno, Okla. Demonstrations by paranormal studies group. For more information call (405) 262-3987.

An Affair of the Heart

Oct. 23-25, 2009 at the State Fair Park in Oklahoma City. Largest arts and crafts shows in the nation. For more information call (405) 632-2653 or vist anaffairoftheheart.com.

The Sixth annual Comanche Nation College International Film Festival

From 10 a.m. to 10 p.m. Oct. 24, 2009 at the Comanche Nation College Auditorium, 1608 SW 9th Street, in Lawton, Okla.

Native American Church State Conference

At 10 a.m. Oct. 24, 2009 in the Rollin Haag NAC Center in Concho, Okla. For more information, call (405) 422-7712.

Birthday/Fundraiser dance for Nigel Hampton

At 3 p.m. Oct. 24, 2009 at the multi-purpose building in Watonga, Okla. Supper will be provided. For more information call (580) 623-2218.

The 14th annual Allie Reynolds Memorial Red Earth Golf Tournament

Oct. 26, 2009 at the Oklahoma City Golf and Country Club. For more information or to register a team call (405) 427-5228.

Indian archives symposium

Oct. 29-30, 2009 at the Oklahoma History Center in Oklahoma City. For more information call (405) 522-5209.

Bacone Fall powwow

From 1 to 11 p.m. Oct. 31, 2009 in Muskogee, Okla. For more information, call (918) 360-1085.

Indian Youth Career Day

From 8 a.m. to 2 p.m. Nov. 10, 2009 at the University of Central Oklahoma Nigh University Center. For more information, call Star Yellowfish at (405) 587-0356.

Oklahoma City Indian Clinic Fifth annual Red Feather Gala

At 7 pm on Nov. 14, 2009 at the National Cowboy and Western Heritage Museum in Oklahoma City. For more information contact Rita Wright-Burkhalter at (405) 570-8332 or by email at rita.w@okcic.com.

Native American Church meeting

On Saturday, Nov.14, 2009 at the home of Wilbur and Melissa Goodblanket. Autumn Lea, Delphine, Minnie, and Martin, Jr. "Buffalo" Goodblanket invite relatives and friends.

Veteran flu shots

The Jack C. Montgomery VA Medical Center in Muskogee, Okla. will host a Drive Thru Flu Shot Clinic from 9 a.m. to 3 p.m. on Saturday, Oct. 17 and again on Nov. 7, 2009.

Flu shots will be given to veterans with a VA identification card in the employee parking lot across the street from the medical center. The location is 1011 Honor Heights Dr.

There will also be a Walk-In Flu Clinic from 8:30 a.m. to 3:30 p.m. Oct. 19, 2009 in the center's auditorium on the second floor at the south end of the facility. Use the 'Doughboy' entrance and take the elevators to the second floor. For more information, call (918) 577-3000.

ATTENTION DOG OWNERS

U.S. Public Health Service is sponsoring a free rabies vaccination clinic for enrolled members of American Indian tribes on Saturday, Oct. 17, 2009 at the Concho Culture and Heritage building from noon to 4 p.m. For more information call the Watonga I.H.S. at (580) 623-4991.

R.E.Sp.E.C.T Zombie Walk

At 2 p.m. Oct. 29, 2009 in Concho, Okla. Tribal complex north parking lot

For more information, call (800) 247-4612 x.27585

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President Obama nominates Sanford Coats, Beth Phillips, Stephanie Villafuerte to be U.S. Attorneys

(WASHINGTON, DC) – President Barack Obama nominated Sanford Coats, Beth Phillips and Stephanie Villafuerte to be U.S. Attorneys.

Coats is a nominee for the Western District of Oklahoma, Phillips for the Western District of Missouri and Villafuerte for the District of Colorado.

"The men and women I am nominating today boast impressive legal careers that speak to their exceptional intellect and diligence," said Obama. "They share a commitment to the pursuit of justice that will make them esteemed U.S. Attorneys and distinguished public servants. I am grateful for their willingness to serve their country."

Sanford Coats: Nominee for the Western District of Oklahoma Sanford Coats has served as an Assistant U.S. Attorney for the Western District of Oklahoma since 2004, and was chief of the Major Crimes Section from 2007 to 2008.

From 1999 to 2003, he was an associate at the Oklahoma City law firm Fellers, Snider, Blankenship, Bailey & Tippens. He received his B.A. from Tulane University in 1994 and his J.D. from the University of Oklahoma in 1998.

After graduating from law school, he clerked for Judge Marian Opala of the Oklahoma Supreme Court.

Beth Phillips: Nominee for the Western District of Missouri Beth Phillips has served as an Assistant U.S. Attorney for the Western District of Missouri since 2008, prosecuting child exploitation cases.

Prior to joining the office, she was an attorney in the Leawood law firm Bartimus, Frickleton, Robertson & Gorny. From 1997 to 2001, she served as an assistant prosecutor in Jackson County.

She received her B.A. and M.A. from the University of Chicago in 1991 and 1992, respectively, and her J.D. from the University of Missouri.

Stephanie Villafuerte: Nominee for the District of Colorado Stephamie Villafuerte currently serves as Deputy Chief of Staff to Gov. Bill Ritter. Prior to joining Ritter's campaign staff in July 2006, she was Denver's Chief Deputy District Attorney.

She served as an Assistant U.S. Attorney from 1998 to 2001, and as a Deputy D.A. from 1991 to 1998.

She is also a board member of the Denver Hispanic Chamber of Commerce. She received her B.A. from the University of Denver in 1987 and her J.D. from the University of California at Los Angeles in 1991.

Native Notables

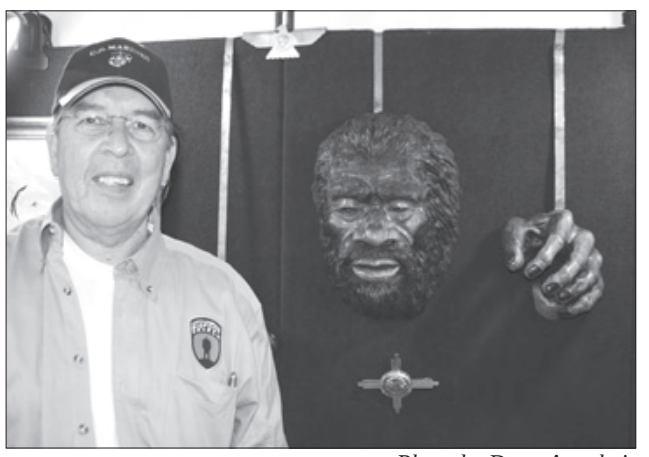

Photo by Dana Attocknie

Tribal member Harvey Pratt presents information and art during the Honobia Bigfoot Fall Festival on Oct. 3, 2009 in Honobia, Okla.

Pratt helped with illustrations on two books by David Paulides, *The Hoopa Project* and *Tribal Bigfoot*. Pratt will hold a book signing, art and lecture from 7 to 10 p.m. on Oct. 23, 2009 at the Tribes 131 Gallery, at 131 24th Avenue NW in Norman, Okla.

A darker side of Columbus emerges in US classrooms

(TAMPA, Florida) - Christopher Columbus' stature in U.S. classrooms has declined somewhat through the years, and many districts did not observe the explorer's namesake holiday on Monday, Oct. 12, 2009.

Although lessons vary, many teachers are trying to present a more balanced perspective of what happened after Columbus reached the Caribbean and the suffering of indigenous populations.

``The whole terminology has changed,'' said James Kracht, executive associate dean for academic affairs in the Texas A&M College of Education and Human Development. ``You don't hear people using the world 'discovery' anymore like they used to. 'Columbus discovers America.' Because how could he discover America if there were already people living here?''

In Texas, students start learning in the fifth grade about the ``Columbian Exchange'' _ which consisted not only of gold, crops and goods shipped back and forth across the Atlantic Ocean, but diseases carried by settlers that decimated native populations.

In McDonald, Pennsylvania, 30 miles (50 kilometers) southwest of Pittsburgh, fourth-grade students at Fort Cherry Elementary put Columbus on trial this year _ charging him with misrepresenting the Spanish crown and thievery. They found him guilty and sentenced him to life in prison. ``In their own verbiage, he was a bad guy,'' teacher Laurie Crawford said.

Of course, the perspective given varies across classrooms and grades. Donna Sabis-Burns, a team leader with the U.S. Department of Education's School Support and Technology Program, surveyed teachers nationwide about the Columbus reading materials they used in class for her University of Florida dissertation. She examined 62 picture books, and found the majority were outdated and contained inaccurate - and sometimes outright demeaning - depictions of the native Taino population.

The federal holiday itself also is not universally recognized. Schools in Miami, Dallas, Los Angeles and Seattle will be open; New York City, Washington and Chicago schools will be closed.

The day is an especially sensitive issue in places with larger Native American populations.

``We have a very large Alaska native population, so just the whole Columbus being the founder of the United States, doesn't sit well with a lot of people, myself included,'' said Paul Prussing, deputy director of Alaska's Division of Teaching and Learning Support.

Many recall decades ago when there was scant mention of indigenous groups in discussions about Columbus. Kracht remembers a picture in one of his fifth-grade textbooks that showed Columbus wading to shore with a huge flag and cross.

``The indigenous population was kind of waiting expectantly, almost with smiles on their faces,'' Kracht said. ```I wonder what this guy is bringing us?' Well, he's bringing us smallpox, for one thing, and none of us are going to live very long.''

Kracht said an emerging multiculturalism led more people to investigate the cruelties suffered by the Taino population in the 1960s and '70s, along with the 500th anniversary in 1992.

However, there are people who believe the discussion has shifted too far. Patrick Korten, vice president of communications for the Catholic fraternal service organization the Knights of Columbus, recalled a note from a member who saw a lesson at a New Jersey school.

The students were forced to stand in a cafeteria and not allowed to eat while other students teased and intimidated them - apparently so they could better understand the suffering indigenous populations endured because of Columbus, Korten said.

``My impression is that in some classrooms, it's anything but a balanced presentation,'' Korten, said. ``That it's deliberately very negative, which is a matter of great concern because that is not accurate.''

Korten said he doesn't believe such activities are widespread - though the lessons will certainly vary.

In Jeffrey Kolowith's kindergarten class in Tampa, Florida, students read a poem about Columbus, take a journey to the New World on three paper ships and place the explorer's picture on a timeline through history.

Kolowith's students learn about the explorer's significance - though they also come away with a more nuanced picture of Columbus than the noble discoverer often portrayed in pop culture and legend.

``I talk about the situation where he didn't even realize where he was,'' Kolowith said. ``And we talked about how he was very, very mean, very bossy.''

Fifteen miles (24 kilometers) away, in Seffner, Florida, Colson Elementary assistant principal Jack Keller visited students in a colonial outfit and gray wig, pretending to be Columbus and discussing his voyages. The suffering of natives was not mentioned.

``Our thing was to show exploration,'' he said.

Meanwhile, Crawford's Pennsylvania class dressed up as characters from the era, assigned roles for a mock trial and put Columbus on the stand. Out of a jury of 12 students, nine found him guilty of the charges.

``Every hero is somebody else's villain,'' said Felipe Fernandez-Armesto, a scholar and author of several books related to Columbus, including ``1492: The Year the World Began.''

``Heroism and villainy are just two sides of the same coin.''

Obama invites tribal leaders to conference

(WASHINGTON) - President Barack Obama is inviting Native American leaders to a White House conference on Nov. 5, 2009.

The president says he wants to hear directly from them about how his administration can meet their needs and help make their lives better. Many Native Americans suffer higher rates of crime and poorer health than the rest of the population.

The White House said each of the 564 federally recognized tribes in the U.S. will be invited to send one representative to the White House Tribal Nations Conference.

REACHing

Continued from page 4

Organizations in the Southern Plains that serve Native Americans may submit an application for funding from $25,000 to $50,000 for one year to implement physical fitness, nutrition education and/or smoking prevention.

To view the RFP and/or visit the program Web site go to: http://ok.gov/strongandhealthy select R.E.A.C.H. U.S. for more information.

All proposals must be submitted via e-mail to Program Manager - Mary L. Massey MaryLM@health.ok.gov or call (877) 687-6667

Applications aredue by close of business 5 p.m Friday Oct.30, 2009.

R.E.A.C.H. will be involved in helping tribes who apply for the legacy grant.

Contact Mary L. Massey or Margie Deer at (405) 422-7687 for more information.

Native Women, Youth in Ag writing competition

Essay Topic: "How Would I Manage Agriculture Risk on My Reservation?" (Research WHAT is Risk Management using the links below and then apply it to the essay topic)

Who Is eligible? Young Native American women and men who will be entering grades 9-12 in the Fall 2009. Graduates of May or August 2009 are also eligible to enter. Must be a member of a federally recognized tribe.

Winners and prizes: Three finalists will be announced the second week of November 2009 and provided an all-expense paid trip (including chaperone) to the 2009 Intertribal Agriculture Council and Indian Nations Conservation Alliance annual meeting Dec. 7-11, 2009 in Las Vegas, Nev.

Guidelines: 3-6 pages in length, Typed, One-inch margins, Double spaced, 12-point font, 3-5 sources. Judging Criteria: Creativity. Quality of Sources, Quality of Grammar, Spelling and Punctuation, Organization of information, Length of Entry, Documentation of Sources (3-5 sources required), Appropriate information for topic

All entries MUST BE ACCOMPANIED by a separate sheet containing the student's name, address, telephone number, email (if available), school attending and tribal affiliation.

Send essay submission to: Native Women & Youth in Agriculture, c/o Tina Voigt Intertribal Agriculture Council, 100 N. 27th Street, Suite 500, Billings, MT 59101.

Entries may be mailed (postmarked **Nov. 6, 2009)**, faxed or emailed (re: essay contest) Phone: (406) 259-3525 Fax: (406) 256-9980 Email: tvoigt@indianaglink.com.

All entries will be used in future publications/for public relations. For more information, visit http://www.rma.usda.gov/pubs/1997/irm_intr.html http://farm-risk-plans.usda.gov/

Brown students protest renaming of Columbus Day

(PROVIDENCE, R.I.) - Students at Brown University are protesting a decision to strip Columbus Day from the school's calendar because of the explorer's reputed violence against Native Americans.

Student Republicans and other protesters gathered on the Ivy League campus Monday Oct. 12, 2009 to object to the university's decision to rename the holiday ``Fall Weekend.''

The protest was organized by WPRO-AM talk show host John DePetro, who said between 75 and 100 people attended.

Keith Dellagrotta, a Brown senior who leads the school's College Republicans club, described the decision as political correctness gone too far.

He said Columbus should be celebrated for bringing the European political tradition to the New World, which led to the foundation of the United States.

Hundreds of Brown students asked the Providence school to stop observing Columbus Day because of atrocities committed against American Indians.

ATTENTION ATHLETES

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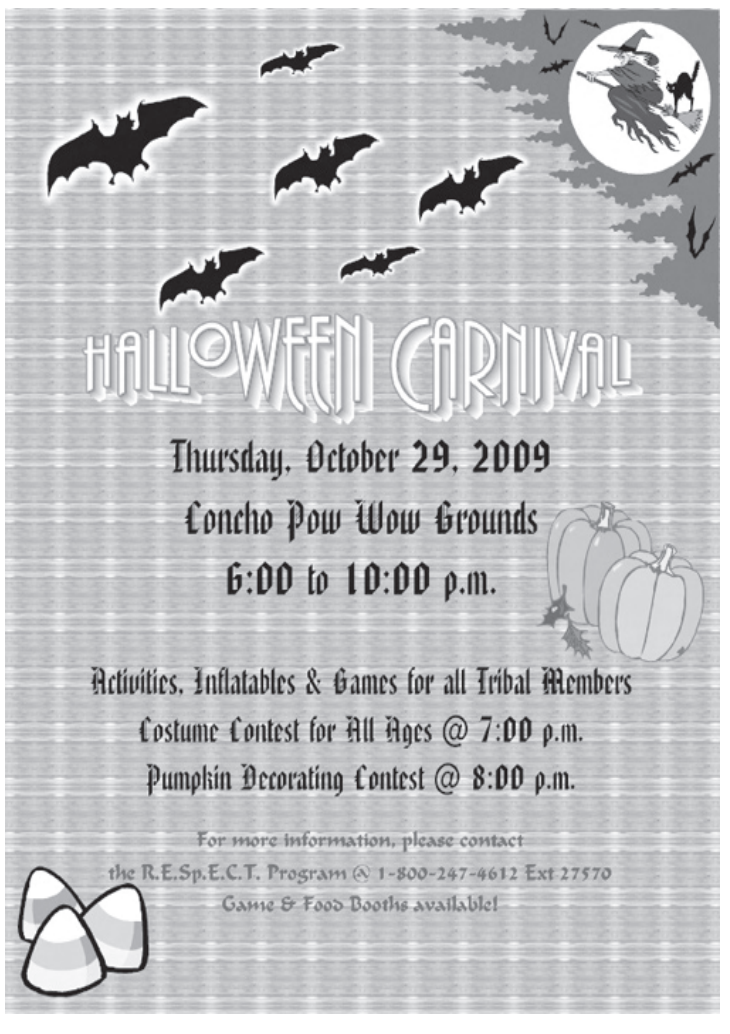


Geary Community Nursing Home

An enterprise of the Cheyenne and Arapaho Tribes

New residents, Elvis, furry friend join Nursing Home family

Submitted article

As of Oct. 7, 2009 we now have 14 residents at the nursing home. Mr. and Mrs. Good and Clyde Sleeper from Geary and Jim Seurer from Hinton are our newest residents.

This month the residents enjoyed a sock hop for Halloween and will get to see Elvis perform live at the nursing home on Oct. 24, 2009. We are selling tickets for the performance for $5 if any one would like to come out and join in on the fun.

The meal of the month will be Ziploc baggie omelets. The residents will make them their selves. We have done this before and they really enjoyed them.

We also have a new little furry friend at the nursing home. She showed up the first day of autumn and the residents really love her. They voted on a name for her in resident council and came up with the name Autumn. So we would like to welcome Miss Autumn to our home and hope she likes it here as much as we like her.

Our resident of the month is Virgil Perry. Perry is from Oklahoma City and has lived at the nursing home since August 2009.

Perry is a joy to be around. He loves to talk to everyone and is always joking with the staff. We really enjoy having him here with us.

Next month we will be planning for our big Thanksgiving feast for the residents and their families.

Courtesy photo

Virgil Perry. and Autumn

Thank you

The construction crewmembers from the Economic Development department were the landscaping artists who created our beautiful flowerbeds here at the Geary Nursing Home. They also gave the outside of the facility a new coat of paint and built a fence around the air conditioning units. The residents and staff of the Geary Nursing Home would like to say thank you to all the guys for all their hard work.

C1 community meetings

Tuesday Nov. 3, 2009

At 1 p.m. at Pioneer Hall in Woodward.

At 5 p.m. at Seiling/Fonda community center in Seiling.

Thursday Nov. 5, 2009

At 3 p.m. at Town Hall in Longdale.

At 6 p.m. at Multi Purpose Center in Watonga.

A meal will be served!

Please bring your questions, ideas and concerns.

Submitted information

innocence

Continued from page 6

Grisham said innocent people usually comply with all police requests asked of them because they know they're innocent, yet their willingness to provide information and hair or fluid samples has sometimes led to their own wrongful conviction. He also spoke about "junk science" and cases later overturned because of DNA evidence.

"John Grisham's appearance is an important first step for us to raise the funds necessary for OCU LAW to train students how to minimize such mistakes in the future, and how to rectify those that have yet to be discovered," Lawrence K. Hellman, dean of OCU LAW, stated. "Equally important are the stories of individuals who experienced the trauma of being wrongfully convicted and the triumph of establishing their innocence. We hope that holding both of these events in the same week will raise public awareness and put us on firm footing for establishing a program here."

The School of Law held another event the next day Oct. 14, 2009 titled "In Their Own Words: Oklahoma's Exonerated Tell Their Stories" at the Homsey Family Moot Courtroom in Sarkeys Law Center. The school's performing arts and theatre students also performed segments of the play The Exonerated before Grisham's lecture.

Grisham introduced several people at the end of the lecture who have since been exonerated due to wrongful convictions. Also speaking was Vicki Behenna whose son Michael was given 25 years in prison for shooting Ali Mansur. Behenna said a prosecution expert has proof her son killed the Al Qaeda member in self-defense, yet the evidence was not presented in court. Instead the prosecution attorneys sent their expert home and did not have him testify. The expert, Dr. Herbert MacDonnell, contacted Behenna's defense attorney and provided his finding. Behenna listed her son's Web site as www.defendmichael.com.

For more information on the Center for Wrongful Convictions visit www.okcu.edu/law, call Assistant Dean Marc Thompson at (405) 208-5442 or mail donations to Marc Thompson, Oklahoma City University, School of Law, 2501 North Blackwelder, Oklahoma City, OK 73106.

studies

Continued from page 2

tribal communities. She also recalled all the times people have claimed Native American ancestry, saying if all the people in the world who claimed to be Cherokee really were, "we'd be bigger than China," she said.

Mann also said many collegiate faculty members and staff members have learned about American Indians, but she questioned whether they have an "intimate cultural knowledge."

"There are those who have not experienced this intimate cultural knowledge who are left to learn in their own ways from books or research. One of the great motivators is the 'publish or perish' mentality that helps one succeed in the academy. There is nothing wrong with research and tenure," Mann said. "I only want to emphasize the need for culturally knowledgeable faculty in American Indian studies to assure that culture continues to play a vital role in the study of the first peoples of this land."

Bohanon brought up a concern both inside and outside the academy, saying the No. 1 cultural erosion is language. Hester agrees.

Hester gave examples of how the Kiowa language is being taught by two different people, and inevitably, in two different ways. He said both OU and USAO teach Kiowa language. "We're adding to the problem," Hester said.

Hester also spoke about how some traditions have started and what some traditions have turned into. He asked if contest powwows are really who American Indians are, saying he feels like the contest aspect is an intrusion from the dominant culture.

"Just because we've been doing it for a while, it does not mean it's our tradition," Hester said. He also pondered how his tribe, Choctaw, became associated with the Billy Jack hat. How did traditions become traditions, he asked.

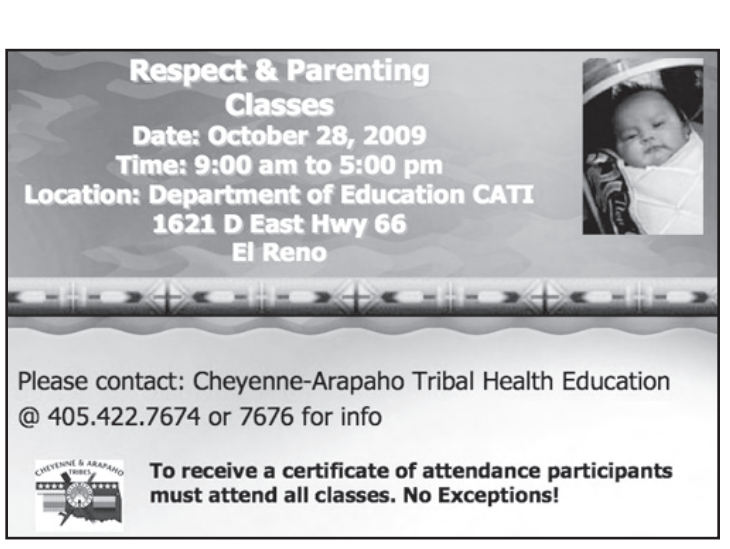
Mankiller said it's time to acknowledge and learn the history and injustices of Native Americans and teach the children, yet people should not go around with an angry heart and blame each other for a certain situation.

"We're the only ones that will get us out of a situation," she said, adding that if Native Americans survived a staggering loss of lives, land and resources and are now making an attempt to enlighten cultures, "I think we can handle whatever the future has in our way … our ancestors, no matter what went on, picked themselves up … we can do no less."

She also agreed that children should be taught traditional knowledge. "We can't take that with us … we've got to figure out a way to give that to our young people." She said right now a lot of people with traditional knowledge feel knowledge is just slipping away, and she's heard one or more people say they won't tell certain stories because they think someone will take it, write it down and copyright it and that story won't be theirs anymore. She said there should be ways to appropriately and sensitively document elder knowledge because thousands of elders take information/stories with them when they die.

The symposium also covered topics such as sovereignty, research needs, technology, and how to build a Native American studies program.

"I remain ever hopeful that American Indian studies has stayed on course and is contributing to strengthening Indian identity, instilling a sense of historical and cultural heritage, and an understanding of the Indian's place in contemporary America," Mann said.



lodge

Continued from page 5

The Angel Valley Retreat Center is owned by Michael and Amayra Hamilton, who rented it to Ray for a five-day ``Spiritual Warrior'' retreat that promised to ``absolutely change your life.''

On Oct. 10, 2009 Amayra Hamilton said Ray has held the event at the resort for seven years, and there never have been any problems.

Hamilton said the resort remains closed to the public. The sweat lodge has been dismantled and a ceremony was conducted for those affected by the incident.

``The whole situation is very traumatizing for everybody,'' she said.

The people at Ray's retreat, whose ages ranged from 30 to the 60s, paid between $9,000 and $10,000 to attend.

Ray and his staff constructed the temporary sweat lodge with a wood frame and covered it with layers of tarps and blankets, Waugh said.

The sweat lodge _ a structure commonly used by American Indian tribes to cleanse the body and prepare for hunts, ceremonies and other events _ was 53 inches high at the center and about 30 inches high around the outer edges.

Between 55 and 65 people were crowded into the 415-square-foot space during a two-hour period that included various spiritual exercises led by Ray, Waugh said.

Every 15 minutes, a flap was raised to allow more volcanic rocks the size of cantaloupes to be brought inside.

Authorities said participants were highly encouraged but not forced to remain in the sweat lodge for the entire time.

Joseph Bruchac, author of ``The Native American Sweat Lodge: History and Legends,'' called the number of participants in the lodge ``appalling.''

``If you put people in a restrictive, airtight structure, you are going to use up all oxygen,'' he said by phone from his home in Saratoga Springs, N.Y. ``And if you're doing a sweat, you're going to use it up that much faster.''

American Indian sweat lodges typically hold about 12 people and are covered with blankets made of natural materials, such as cotton or wool, and the air flow isn't restricted, he said.

``I don't see how the person running that lodge could have been aware of the health and well-being of that many people,'' he said.

The participants had fasted for 36 hours as part of a personal and spiritual quest in the wilderness, then ate a breakfast buffet Thursday morning. After various seminars, they entered the sweat lodge lightly dressed at 3 p.m.

Two hours later, a woman dialed 911 to say that two people, whom Waugh identified as Brown and Shore, did not have a pulse and weren't breathing.

A nurse hired by Ray was directing rescue efforts including CPR when emergency crews arrived, Waugh said. Shore and Brown were pronounced dead when they arrived at a hospital.

Sheriff's Lt. David Rhodes said authorities were checking whether there was a lag time between the first signs of medical distress and the emergency call.

McFeeley said Brown had attended similar retreats, although he wasn't certain whether any were hosted by Ray. He said Brown, who grew up in Brooklyn and Westtown and spent time in Mexico, saw the outing as a chance to continue on a positive path in life.

Brown, a graduate of the State University of New York at Geneseo, had two sisters who recently got married, two new nephews and a focus on ``making the world more beautiful for someone, not only with her art but with her heart,'' McFeeley said.

Although the family is saddened by her death, he said Brown created a roadmap by which others should live.

``She was the least selfish, kindest person I knew,'' he said.

Latest reports indicated the sweat lodge lacked the necessary building permit, an official said.

Yavapai County building safety manager Jack Judd said there was no record of an application or permit for a temporary structure at the Angel Valley Retreat Center near Sedona.

Sheriff's spokesman Dwight D'Evelyn said authorities believe Ray's staff either participated in erecting the structure or oversaw the construction. Ray's spokesman, Howard Bragman, declined to comment on the permit but said the resort's staff was under contract to build a sweat lodge to accommodate up to 75 people.

Resort owner Michael Hamilton declined to address the permit issue late Monday, Oct. 12, 2009. His wife, Amayra, said Saturday, Oct. 10, 2009 the sweat lodge, which was built with a wood frame and covered with layers of tarps and blankets, had been taken down.

Judd said no inspection of the structure was conducted before it was dismantled.

Verde Valley Fire Chief Jerry Doerksen, whose department responded to the initial emergency call of two people not breathing, said his department regularly inspects the Hamiltons' property.

He said the couple never hesitates to ask questions, raise concerns or address issues brought up by fire officials.

The sheriff's office is investigating to determine if criminal negligence played a role in the deaths or illnesses. Tests for contaminants ruled out carbon monoxide poisoning as a cause.

Large-scale sweat lodges appear to create a ``new challenge for us,'' he said.

Talks are planned between his department and county officials to consider issuing health warnings for events such as sweat lodges that would include suggestions on how long to stay in.

``It's the same with hot tubs and saunas,'' Doerksen said. ``Most of the time in a motel, it will say do not stay in there more than 10 to 15 minutes. What we're looking at is the same kind of thing.''

resolutions

Continued from page 1

Photo by Rosemary Stephens

Melvin Whitebird, meeting chairman, calls the annual Cheyenne and Arapaho Tribal Council meeting to order.

Nowlin, Cheyenne and Arapaho farm and ranch director, passed after two amendments with a vote of 138 for, 18 against and 16 abstaining. The first amendment to resolution No. 4 was the removal of the words "purchase property" in the last paragraph. The second amendment to resolution No. 4 was the removal of the ninth paragraph which stated, *that the Tribal Council hereby adopts a policy of land acquisition in increase the Tribes' land base and hereby reaffirms it's earlier policies embodied in resolutions adopted as it's Nov. 18, 2006 Special Tribal Council meeting.*

The meeting adjourned at 1 p.m. with three remaining resolutions not being addressed. They were the easement for the Cheyenne and Arapaho Tribes of Oklahoma, in Blain County, Okla., Authorize establishment of the Cheyenne and Arapaho Tribal Utility and authorization for governor to acquire property.

Happy Belated 11th Birthday
Arianne Nicole-Oct. 6
Love Gwen, mom Amber, daddy Elijah and your sisters, Tiara, Dariney and Madison

Happy Birthday Jayden Michelle Daukei
Oct. 20
I love you and miss you with all my heart, Jay! Daddy will be home soon, Love daddy (Goober) and family

Happy 8th Birthday to John-John Yellow Eagle on Oct. 20. We love you and you can have whatever you want for your birthday because you are such a great boy. You are #1 son, #1 grandson, #1 nephew, you were our first one. God bless you. We all love you, dad, mom, brother Alex and Sissy Bindi, grandmas Wanda, Cathy and Mary Lou, Grandpas Gerald and Sonny, all uncles and family.

Happy Belated Birthday
Mary-Oct 4
We love you! From all your family

Happy Belated 12th Birthday
Sept 21-Tiara Ann
Love Gwen, mom Amber, dad Elijah, and your sisters Arianne, Dariney and Madison

Happy 2nd Birthday
To Our Little Princess
Trynity Rednose
We love you lots,
momma, grandma, grandpa,
R.J., Roy, Steph, and the rest of your family

Happy Birthday Justin
Oct. 24, 1975

Happy belated 2nd birthday
Biscuit! Sept. 29
We love you! Love the REDSHINS

Happy 4th Birthday
Oct. 6-Deuce
Lots of love G-ma Agnes

Happy belated birthday
Jazzy! Oct. 3- We love you!
From the REDSHINS

Happy 3rd Birthday, Joshua
Oct. 11
We love you, Momma, Daddy, Sissy, and Bubba

Happy 3rd Birthday
Madilyn Laney!
Oct. 16
We Love You, meme Falcon.
Momma, Daddy, Bubba T, sissy Lydia, and big sissy Jacolby

Happy Birthday Grandpa
Virgil Whiteshirt Jr.
56 years young-Oct. 4
Hope you have a special day.
Love your sisters Bernice, Donna, your wife Harriet, all your nieces, nephews, friends and family

Happy Birthday
Will Whitlow Oct. 7
and Jerilyn LongKnife
Oct. 8-Love your Family!

Happy Birthday Mommy!
Jerilyn LongKnife Oct. 8
Love Bryce and Cameron LongKnife

Happy Birthday
Stacia Rae Washee
Oct. 16
We love you! Gordon, Eileen, Miranda, Destiny and Francesca

Happy Birthday Mom
Oct. 3, 1956
Carmen, We love you and wish you a very Happy Birthday! May God bless you! With love from all your precious children Jinxie, Hauli, Charles, Mikey, Lacey, Emily, C.J. and Earl

Happy Belated Birthday Sister!!
September 30
We Love you!
Hope you had a good one and many more to come!

Happy Birthday Josie Sleeper
Oct. 17
From mom, Pam, Bec, Jr. (in Washington), all your nieces, nephews, Lanna and baby Aaron

Happy 26th Birthday
Letitia Marie Whiteshirt
Oct. 5
Love, mom, auntie, brothers and sisters

Happy Birthday to our dear mother, grandmother and great-grandmother, Angeline SpottedCorn Pratt who would have been 85 years young.
Oct. 6, 1924-2009 who went to be with her Lord on
March 7, 2009

Happy Birthday twins
Cato Gene and Allen Dean
Redhat-Oct. 30, 1980
May God continue to bless you and keep you safe, Love you with all my heart, mom,
Karen Little Coyote
Happy Birthday twins
Auntie Rita Black and Uncle Larry Black
Oct. 12, 19??-Thank you both for being in my life, Love you both, Karen Little Coyote
Happy Birthday Diana Cassio-Oct. 12- Love you
Quoint and Auntie Rita
Happy Birthday Kay Bull-Flores
Oct. 28-Love you Quoint and Auntie Rita

Happy 29th Birthday
Oct. 15, ????-Cathy Derenzo
Love you, sister-Agiie Jo

Just seems like yesterday you graduated from Concho Headstart and here you are turning 18 on Oct. 3
Happy Birthday Dakota aka-Nuke Friday, Love mom, grandma Ruth, Eddie, Jr. and Uriah!

Happy Birthday to
Joyce Marie Benton
40 years old-Wishing you a very happy birthday
aunts Ginger Warrior and Virginia Reyes

Happy Belated 1st Birthday
Kelly-Dre Wilson, Sept.11
Can't believe it's already a year! Your growing up too fast!
We love you Bubba!
Momma and Daddy

Happy Birthday to
Samuel Lee Whiteman
Locust Grove
From grandmas
Ginger Warrior and Virginia Reyes

Happy Birthday for October
Tina M. Daugherty
Todd L. Draper
Macy A. Limpy
Janae M. Limpy
Diego S. Limpy
From the Limpy Family

Happy Belated Birthday
Chuck-Oct. 7
We love you! From the Blacks, Johnsons, Swannegans and your friends at Diamondback

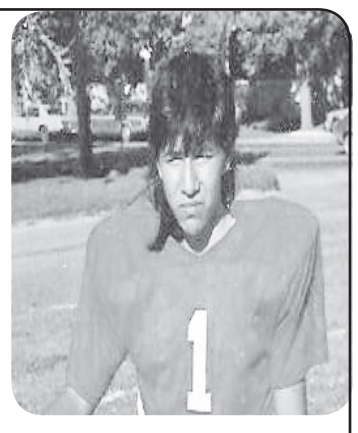
Happy Birthday, Coli!
We love you!
Reeree, Petesta, Mom, and all "your" kids!

Happy 2nd Birthday
Kasarah Mae Meat-Oct. 21
Love grandmas, mom, uncles and aunties

Happy 1st Birthday to our beautiful baby girl
Kynadee Sue Hamilton
Oct. 23
We love you so very much, more than you'll ever know. We look forward to celebrating your wonderful life and watching you grow oh so big!
Love, mommy, daddy, brothers, sisters, grandmas and grandpas

Happy 7th Birthday!
Ryan Baylen-Oct. 29
We love you so much, you make us so proud!
mom, dad, and your brothers

Happy Belated 44th Birthday
Steve "$keeta Lee" Richard
Oct. 10
From you lil' bro' Henry Jr.
Happy 6th Birthday Boogey
Oct. 20
From Uncle Henry, Jr.



Happy Birthday son, John Gerald. How the years pass. You were 13 then and now you are 34.

We've been through good and bad times and I loved you through it all unconditionally. I value your opinion when I have worries and family matters. You always make me feel better. You don't know how much it means to me when I cry and you're there to hug me and comfort me. I depend on you more than you know. You make me laugh when I'm feeling bad and things always seem better after we talk.

The fun times when your brothers and everyone are all together, one starts off with something funny and another one adds to it and soon we're all laughing so hard. Those are the times I cherish.

I want the best for you, that your wishes will come true for you and your wonderful family. I'll always be there to help in whatever way I can. I pray God will watch over you and bless you. That is my wish and prayers for you. Also, 1000 love from your brothers, dad, wife and children-John John, Alex and Bindi.

Happy 24th Birthday
Lance Lonebear
Oct. 14
Love mom, brothers Chas, George and Randall

Happy 5????? Gerald Yelloweagle
Oct. 18
Love Mary Lou

Happy Birthday
Todd Draper, Oct. 4
Happy Birthday
Cherwin Black-Harmon Oct. 6
Happy Birthday
Janae Limpy
Oct. 7
With Love from
Sophie & Tina Daugherty

Happy 19th Birthday
Angie Racelis
Thank you for being a wonderful daughter and sister, for giving us so many reasons to smile, thanks for our on-the-go fun times together,
and the times we just talk and relax for a while. Thanks for your hugs, your help, your humor, and for showing us through the years
we're the luckiest family to have someone special like you.
Love You Always,
Mom, Dad, Zak, 'J', Nic and kids, Chris, Sonya & Dez.

Happy Belated Birthday brother
Wayne Turtle Jr.
Sept. 19
May you have many more to come
Love sister Susie

Happy Belated Birthday Frances Blackbear
Sept. 9
May you have a good one this year and many more birthdays to come.
Love auntie Susie

Happy Belated Birthday
Betty Whiteshield Daukei
Oct. 5
Wishing you a happy birthday and many blessings.
I love you kitty
Jarvis D928-big love and respect

Happy Belated Birthday
Dru David Wilson!
Sept. 20
My old man…aye! I Love You with all my heart! Promise
Tiffany B.

Happy late Birthday to these "Charley Girls" Sarah and Farah-Oct. 3
Love your family
Happy Birthday to Mary Mae Pratt Jefferies-Oct. 19
Still cruizin!
Happy Birthday to Rebecca Kenna-Oct. 23
Happy Scary Birthday
Audrey Charley-Oct. 31

Happy Belated 26th Birthday
Butch Thomas Herndon
Oct. 7
Best of wishes on your special day!
Kimberly Sue

Happy Belated Birthday to a hard working sister, Evelyn S. Cheater
Sept. 28, 1983
Want you to know that you are loved and I will
always look up to you even though you're my little sister by a year. I wish I could be more like you. I can't wait to see you soon when I get out.
Love you forever "Soupie" ☺
Love your sister Lisa, Panther, the Cheaters, Fletchers, WhiteBuffalos and Meely families

HAPPY BIRTHDAY

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

EPA Director
Dept. of Administration

QUALIFICATIONS:

Bachelor's degree in environmental sciences, engineering or public health administration related to environmental sciences preferred. At least two years of technical experience related to environmental science, health science, natural resources or experience in managing a federal environment contracted program. Two years management advisory experience, with emphasis in oral and written presentation abilities. Preference will be given to experience with management information systems, database inventory, presentation and problem-solving methods. Must have a valid Oklahoma driver's license. Must be able to relate to Indian and non-Indian communities as well as state, federal, local and tribal organizations. Prefer experience in computer skills, database, GIS inventory systems. Must pass pre-hire drug and alcohol screening.

SALARY: Negotiable

Staff Auditor
Treasury Department

QUALIFICATIONS:

Prefer bachelors degree in business administration with major in accounting or finance. College completion of 90 percent or more of baccalaureate degree requirements would suffice with a plan on completion within the short term future. Knowledge of auditing and accounting principles. Previous experience using a personal computer and working with spreadsheets, word processing software and accounting software. Ability to establish and maintain productive working relationships with staff, management, and external agencies. Knowledge of Tribal policies. Ability to be detail oriented.

SALARY: Negotiable

Concrete Mason
Economic Development

QUALIFICATIONS:

Must have knowledge of machines and tools. Must have knowledge of construction materials. Must have stable work history and be dependable and conscientious. Able to lift 75 lbs. Must posses valid Oklahoma driver's license. Must pass mandatory drug test.

SALARY: Negotiable

Coordinator Correctional
Facilities Project

QUALIFICATIONS:

Knowledgeable of federal grant and contract requirement. A minimum of five years experience in tribal programs. Minimum of associate degree preferred. Knowledge of tribal law enforcement and court systems. Oklahoma driver's license required. Must pass pre-hire drug screen.

SALARY: Negotiable

Records Management
Director

QUALIFICATIONS:

Bachelor's degree in library science or related field preferred or minimum of four years in an administrative roll or an equivalent combination of education, training, and experience. Must have relevant work experience in tribal government and/or federal programs. Computer literate with knowledge of inventory program. Valid driver's license required. Agree to a comprehensive background investigation. Familiar with the Freedom of Information and Privacy Act Laws. Knowledge of the Cheyenne-Arapaho Tribes history, culture and government. Must pass pre-hire drug and alcohol screening.

SALARY: Negotiable

Intake Clerk
Social Services

QUALIFICATIONS:

Possess two years of relevant specialized experience. Must be computer literate. Must have demonstrated knowledge and skills related to general office procedures, office equipment, and filing procedures. Ability to work flexible hours including weekends, after 5 p.m. or holidays if needed. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all department client matters and all other matters. Cheyenne and Arapaho tribal preference.

SALARY: Negotiable

Research Specialist
Enrollment

QUALIFICATIONS:

Associates degree in business administration or related field preferred. Two years work experience in similar position. Knowledge of Cheyenne and Arapaho Tribes constitution. Knowledge of general office practices and accounting procedures. Must be able to calculate blood quantum, fractions and percentages. Extensive experience with Microsoft office, particularly excel. Ability to communicate effectively and work well with the general public. Establish and maintain an effective working relationship with others. Ability to maintain an extremely high level of confidentiality. Excellent reasoning skills and ability to make sound decision with little or no supervision. Preference will be given to a notary public. May be required to work outside normal work hours. Native American preference. Must pass pre-hire drug and alcohol screening.

SALARY: Negotiable

EXECUTIVE DIRECTOR
NATIONAL ASSOCIATION OF SOCIAL WORKERS
OKLAHOMA CHAPTER
OKLAHOMA CITY, OKLAHOMA

The NASW Oklahoma Chapter with a membership of 1100 is seeking an executive director. Position requires direction and supervision of continuing education, professional development, standards and legislative programs, strong budget management skills, 3-5 years supervisory and administrative experience, working knowledge of technical computer programs, and experience working with boards. Must have an understanding of social work values, ethics and guiding principles. MSW preferred. Some travel required.

Minimum salary is $33,000 for 32 hours/week plus benefits.

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Thank You

Submitted information

Courtesy photo

Above and right: The Concho Child Care kids enjoy the tailgate party sponsored by the employee committee.

Photos by Rosemary Stephens

Recently the Concho Child Care Program preschool class was offered the opportunity to attend the Yukon Flip Centre sponsored by the R.E.Sp.E.C.T. program.

We attended the centre and the children really enjoyed it. They got to do some tumbling, balancing and somersaults. We learned there are more ways to stay fit as in exercise and gymnastics.

We would like to thank the R.E.Sp. E.C.T. program for providing us with this great experience for our youth. As we all know learning starts with our young ones.

The Concho Child Care Program would like to send a special thank you to Annette Howell for cordially inviting not only our staff, but also our children to the employee committee tailgate party.

We are often forgotten and we miss out on opportunities like these. We appreciate the committee not forgetting about us as we all know, someone has to watch our little ones. Again, a big thank you to the employee committee and everyone who provided items for the luncheon. Ha-Ho.

TRIBAL TRIBUNE DEADLINES
At **5 p.m.**
on the **8th** and **23rd**
of each month

Thank You

Submitted information

The Seiling-Fonda community elders would like to express our appreciation and thank you to the R.E.Sp.E.C.T. program staff for taking their time and efforts to take us to the State Fair. It was a great day and we had a great time. It was a great time to fellowship with our friends and relatives from the other Cheyenne and Arapaho communities, which is always good to see them and to know they are all well and happy.

The meal was greatly appreciated. If we forgot to mention anyone, just know that you and your families are in our prayers. Thank you for a job well done.

To all the Elder Care program staff,

Thank you so much for all that you do for us. We truly appreciate the assistance. May God continue to bless you and your families.

Thank you,

The Seiling-Fonda Community Elders

Welcome La-Taezha Rose

Welcome precious La-Taezha Rose. She has blessed the happy mom Shayona and big brother Kayden and sister Decheiya Littlesun. The proud grandparents are Denise and Frank Whiteman Sr. La-Taezha's Cheyenne name is Ese voneme' ' ehne''e Buffalo Appearing Woman.

The proud aunties are Chaleina, Cheyne, Shantaya Littlesun and Taylor Whiteman. Uncles in Washington are Shiloh, Chale, Shusden Littlesun, and a very happy great-grandma Dorothy Glenmore in Lame Deer, Mont.

La'Taezha has many extended family members in Montana both at the Northern Cheyenne, Arapaho and Crow nations. This little bundle given to us by the Ma'heo will be extremely loved and cared for. Ne'a ese.

Submitted information

Welcome Toni Michelle Vega

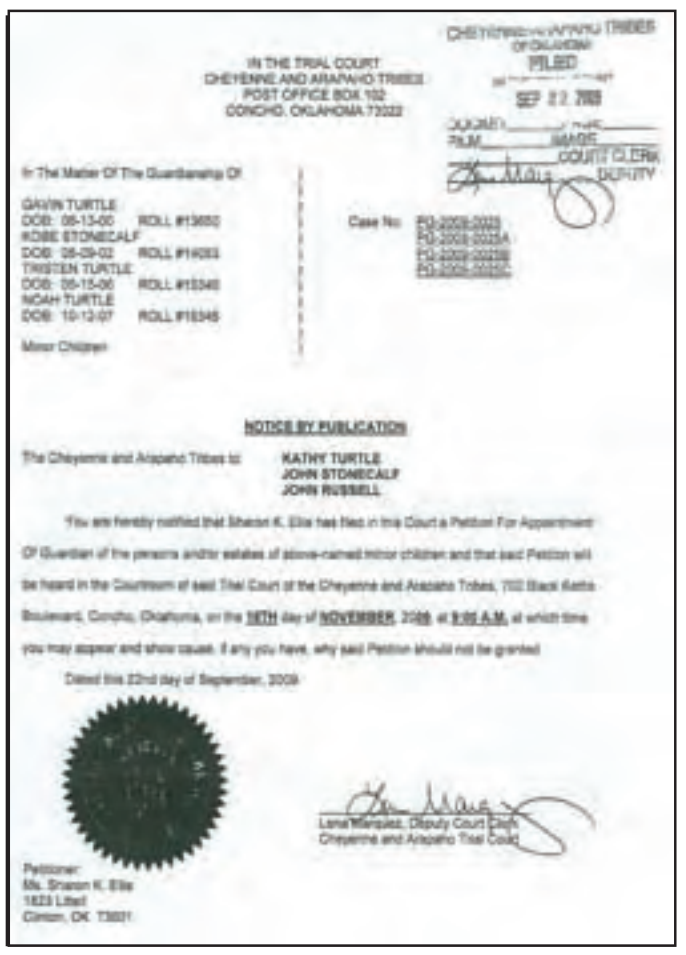
Welcome to baby Toni Michelle Vega. She was born on Sept. 24, 2009 at Integris Hospital in Yukon, Okla. She weighed 8 lbs. and 7 oz.

Vega is the daughter of Michael and Tabitha Vega of El Reno, Okla. Paternal grandparents are Mary and Gustavo Vega of El Reno and maternal grandparents are Jacqueline and Pablo Flores of Corpus Christi, Texas. Late great-paternal grandparents were Elsie Wheeler Morlan and Evandale Morlan.

Michael is currently employed with the Cheyenne and Arapaho Screen Printing Program.

Best wishes and God bless the new baby and family.

Submitted information



IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
POST OFFICE BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
FILED
SEP 22 2009
JUDGE
FILM
COURT CLERK
DEPUTY

In The Matter Of The Guardianship Of

GAVIN TURTLE DOB: 08-13-00 ROLL #13650
KOBE STONECALF DOB: 08-09-02 ROLL #14093
TWISTEN TURTLE DOB: 08-15-06 ROLL #15348
NOAH TURTLE DOB: 10-13-07 ROLL #15348
Minor Children

Case No: FG-2009-0223
FG-2009-0223A
FG-2009-0223B
FG-2009-0223C

NOTICE BY PUBLICATION

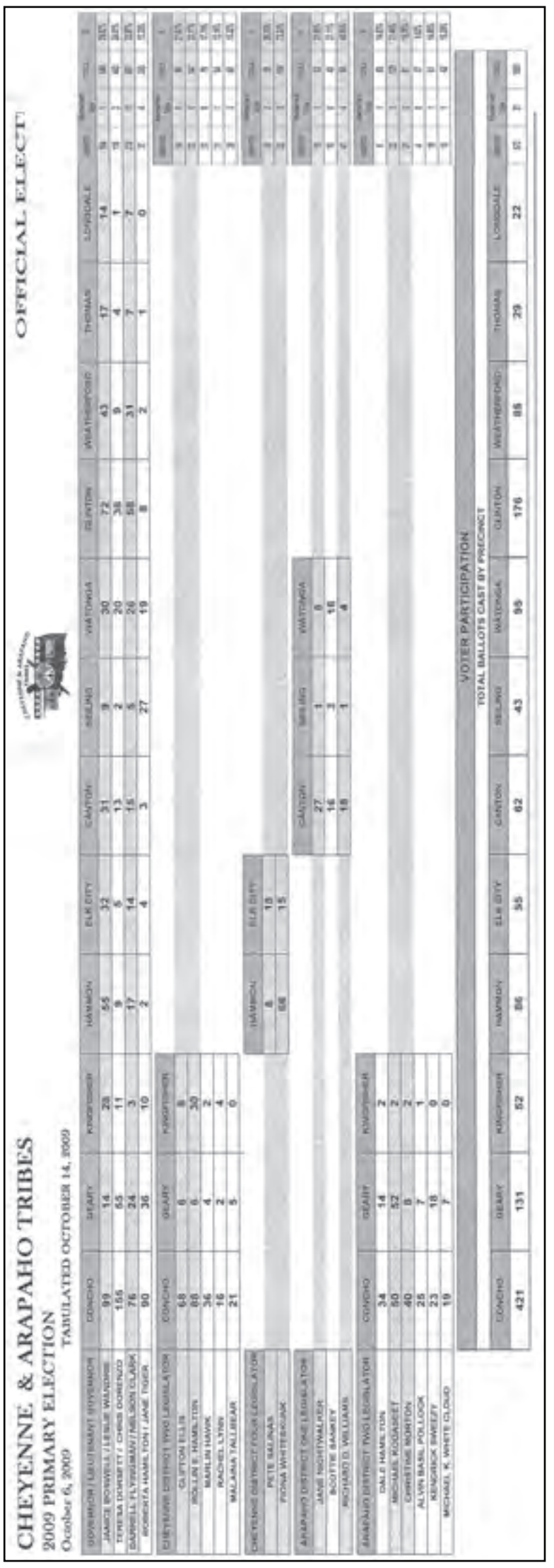
The Cheyenne and Arapaho Tribes to: KATHY TURTLE
JOHN STONECALF
JOHN RUSSELL

You are hereby notified that Sharon K. Ellis has filed in this Court a Petition For Appointment Of Guardian of the persons and/or estates of above-named minor children and that said Petition will be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 16TH day of NOVEMBER, 2009, at 9:00 A.M. at which time you may appear and show cause, if any you have, why said Petition should not be granted.

Dated this 22nd day of September, 2009

Lena Marquez, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Ms. Sharon K. Ellis
1823 Lilac
Clinton, OK 73601



OFFICIAL ELECT

CHEYENNE & ARAPAHO TRIBES
2009 PRIMARY ELECTION
October 6, 2009
TABULATED OCTOBER 14, 2009

VOTER PARTICIPATION
TOTAL BALLOTS CAST BY PRECINCT

	CANTON	SEILING	WATONGA	CLINTON	WEATHERFORD	THOMAS	LONGDALE
	62	43	99	176	85	29	22

	CONCHO	GEARY	KINGFISHER	HAMMON	ELK CITY
	421	131	52	86	55

A.A meetings 7 p.m.-Every Wednesday
N.A. meetings 8 p.m.-Every Thursday
George Hawkins Memorial Treatment Center
East of Clinton on Airport Road.
For more information (580) 331-2370

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Cheyenne and Arapaho Tribal College

100 Campus Drive,
Weatherford, OK 73096
Phone: (580) 774-3742
Fax: (580) 774-7085
E-mail: catc@swosu.edu

happy

Continued from page 1

Indian Hospital, where she worked for 23 years in the nursing department and eight years on the switchboard.

"I made my living on that. Raised my kids. That's why I always want girls to go into nursing," she said. "That was the most enjoyable work I've ever done, working for our people."

Lonebear served as the 1947 and 1948 Cheyenne Tribal Princess at the American Indian Exposition in Anadarko, Okla. Her father had a dress made for her, and she said she thinks it's the most wonderful experience to be part of the arena, to dance and enjoy.

She said her daughters and their girls dance and now they're trying to get the grandkids started. Yet, she does notice how some regalia have changed.

"I went to a powwow at Tulsa and some of the men had woman moccasins and design," Lonebear said. "Men's design is a pyramid."

She said women moccasins are beaded in a circle, and the traditional Cheyenne design is a square. "You can always recognize Cheyenne beadwork. Most of the designs are basic. Some people claim a design," she said.

With dance regalia she said, "Now it's going to more of a fad … I notice there's a lot of glitter. The Cheyenne have always been the plain people, simple people. Their beadwork is plain."

Beadwork and making shawls are some of her hobbies. Her mother and her aunts had a routine of getting up, cooking breakfast, cleaning and then clearing off the table to do their beadwork. She said she would thread the needles and open their medications for them when she got home.

Later in life, she would bead too until 2 or 3 a.m. with light coming from a lamp then they would take their beadwork to Anadarko to make their spending money. She said after they sold their goods they would go to the ice cream parlor.

"Life was so simple then," Lonebear said. "I enjoyed every minute of my journey."

Lonebear said her mother and her aunts were her inspiration and she has saved some of her earlier beadwork. She has a beaded purse as old as her daughter Kim, and a beaded pouch shaped like a turtle.

"The turtle is a boys symbol and you get their navel cord and put it in there," she said. "I always tell my grandkids, that's your Indian birth certificate. It symbolizes that they'll be stable, know where they came from, won't search or get into trouble."

She said she didn't have an example of the symbol for girls handy but she quickly drew one. She said the tribes tried to get class started on how to make baby moccasins, but the girls in the class said the work was too tedious.

Lonebear was taught her heritage and the traditions' growing up and was even born at a Sundance. She said her ears were pierced when she was 4 days old and her grandma gave away a horse at the Sundance. She said Margaret Turtle was there when she was born and it was Nettie Starr who pierced her ears.

"Sundance has always been very sacred to me," Lonebear said. "I feel like they (children) need to be taught about their origin, why the Sundance came about and have respect for it. To me, it's very holy. I've seen people healed. I'm one of those. I had breast cancer. My granddaughter (Amelia Whiteman) made a vow and I was healed. I think our young children should learn about it and respect it and believe in it."

Courtesy photo

Lonebear family photo. Back: William "Tiny" Lonebear. Second row: Laquita "Keets" Lonebear, Mary Belle and William "Bill" Lonebear and Kim Lonebear. Bottom: Robert Lonebear.

She said her paternal grandmother used to pick them up when Sundance would start in Seiling or Cantonment and they would get new clothes.

"My life's journey has been a pleasure. I've had sadness, but that goes with life. My son is still freshly in my mind. To me life is what you make it. You can be sad or have unpleasantness in your life, but I choose to be happy."

EDITOR'S NOTE: This is the third in a series of stories that will showcase Cheyenne and Arapaho tribal elders. If you are an elder and are willing to share your history or if you would like to nominate an elder, please contact me at (800) 247-4612 x27608 or email:dattocknie@c-a-tribes.org.

Sharing goes a long way

By Dana Attocknie, Managing Editor

Mary Belle Curtis Lonebear begins waving to me and smiling from her front porch before I even put my car into park. She just returned from lunch at the Cheyenne and Arapaho tribes Elder Nutrition Center in Clinton, Okla. and two carloads of her grandkids have stopped by to visit with her. I'm visiting her as part of the Tribal Tribune's *Living Legends* series. Once her and I sit on the couch, she immediately repeats what she told me over the phone a month ago. She's concerned that by telling her life story and mentioning she was the American Indian Exposition 1947-48 Cheyenne princess, she's bragging. "I just hate to mention it, seems like I'm bragging," she said. "People that don't know me … I've always lived a low profile." I reassure her - and all elders who read our *Living Legends* series - that it's sharing not bragging. These capsules of history we're presenting are not done to see who has been recognized the most in his or her lifetime. We're not counting accomplishments, acclaim or awards. We're creating an avenue for elders to share their history and life's lessons with their people and future generations. Elders have seen, experienced and learned a great deal in their lifetime, and we hope to learn from them as well as preserve their ideas, thoughts and feelings. Everyone's story will be different and that's what makes this series more of a treasure. Elders will take us through a journey of their lives and what is important to them, rather than answering a series of predetermined history questions. The stories in this series are personal, intimate and irreplaceable. If elders choose to let us know about their achievements, we will certainly share their contributions to the community with our readers. Yet, we're not asking people to divulge anything they do not want to either. We know some things are not meant for publication or broadcast, and we understand - and hope - oral history is still taking place among families. We hope everyone will enjoy, learn and become inspired by the words and lessons of their elders in our *Living Legends* series. We also hope the elders will continue to share the lessons, laughter and love they have experienced so far. It's a great honor for us to help document and archive the stories of Cheyenne and Arapaho tribal elders. *Respectfully, Dana*